

THE

*HANDY DICTIONARY
OF COOKERY.*

MARY A. EVERARD



22101425891

50 - Turkish - Cakes

Rice Meringue

112 Magdaia Pancakes
good

Med

K9121

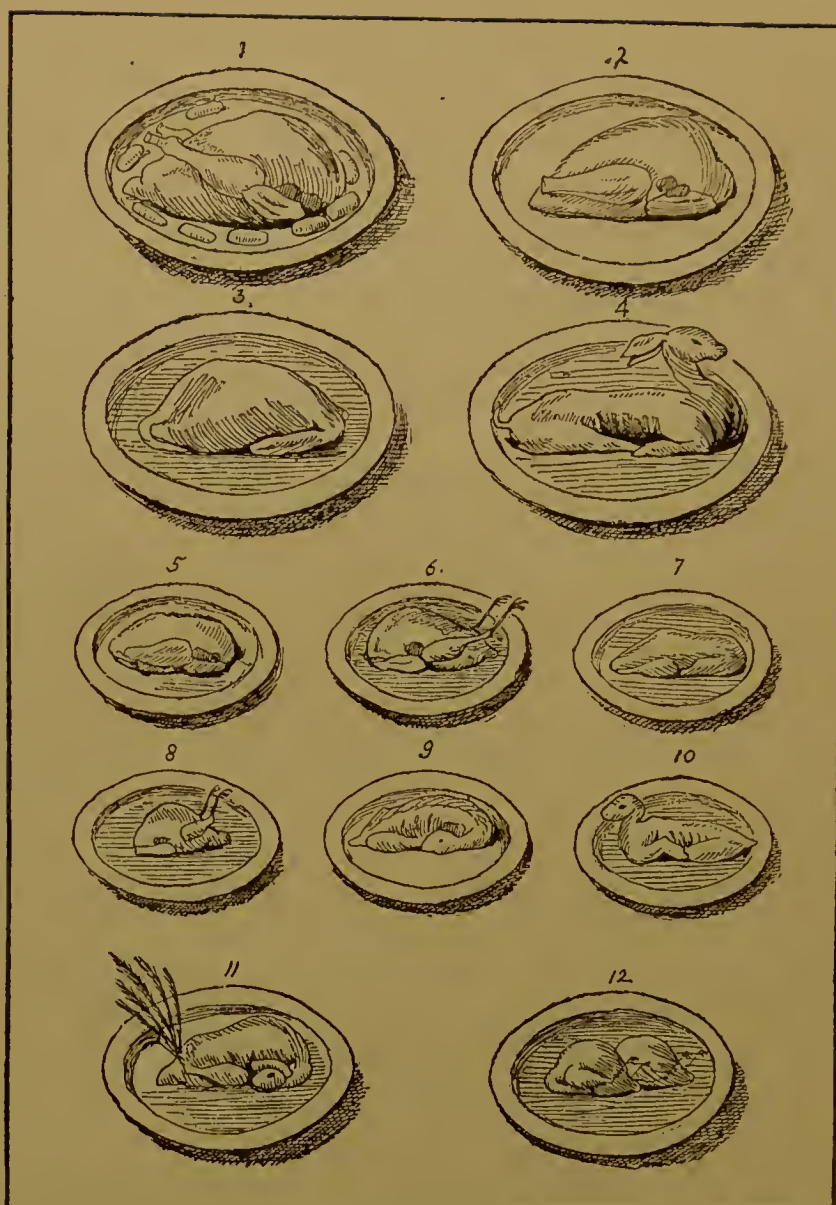
158 To Andrew's house

158 Rice Meringue

168 Sole au gratin

146 Cups Pudding

THE
HANDY DICTIONARY
OF
COOKERY.



- | | | | |
|-----------------|----------------|------------------|--------------------|
| 1 Roast Turkey | 4. Hare | 7. Roast Duck | 10. Roast Rabbit |
| 2 Boiled Turkey | 5. Boiled Fowl | 8. Roast Pigeon | 11. Roast Pheasant |
| 3 Roast Goose | 6. Roast Lamb | 9. Boiled Rabbit | 12. Partridges |

THE
HANDY DICTIONARY
OF
COOKERY.

CONTAINING
ABOUT FIVE HUNDRED VALUABLE RECIPES.

BY
MARY A. EVERARD,
Diplômée of the Edinburgh School of Cookery.

WITH ILLUSTRATIONS.

Third Edition.

LONDON:
JAMES NISBET & CO., 21 BERNERS STREET.

[129-?]

23/10/21

27169107

WELLCOME INSTITUTE LIBRARY	
Coll.	weIMOmec
Call	
No.	QT

PREFACE.

THE Art of Cookery is a valuable and important science ; it is daily more increasingly studied by many thoughtful, intelligent, and intellectual minds. The Education Department and School Managers are seeing the necessity of Cookery Lessons as a part of the education of our girls to enable them to do their duty to their homes better, and to fit them to be more useful in their future years. It is the duty of every woman who undertakes the charge of a household to give this subject her special and careful attention, for the health, comfort, prosperity, and happiness of her family greatly depend on her doing so.

The object of this book is to show how cookery may be made *easy* ; every recipe will be given as simply, clearly, and in as few words as possible, thus enabling the reader to see at a glance what to do, and how to do it. Also, it is hoped that the arrangement of the work will be found easy to turn to, as the different dishes are all arranged in an alphabetical and dictionary form.

The following introductory remarks should be carefully studied.

CLASSIFIED INDEX.



Bread, Cakes, Buns, and Biscuits.				PAGE			
Arrowroot Biscuits . . .	17	Cake, Plain Currant . . .	37				
Banbury Cakes . . .	19	Cake, Seed . . .	38				
Banbury Meat . . .	20	Cake, Family Seed . . .	38				
Barley Sugar . . .	21	Cake, Plain Seed . . .	39				
Bath Buns . . .	21	Cake, Rich Seed . . .	39				
Beacon Biscuits . . .	22	Cake, Shrewsbury . . .	39				
Belvoir Buns . . .	25	Cake, Snow . . .	40				
Biscuits, Cocoa-Nut. . .	52	Cake, Spice . . .	40				
Bread, Brown . . .	29	Cake, Sponge . . .	40				
Bread, Household . . .	29	Cake, Plum . . .	41				
Bread, Vienna . . .	30	Cake, Pound . . .	41				
Bread, French . . .	80	Cake, Soda . . .	41				
Buns . . .	32	Cakes, Rock . . .	37				
Butter Biscuits . . .	33	Cocoa-Nut Biscuits . . .	52				
Cake, Adelaide . . .	34	Dough Nuts . . .	66				
Cake, American Tea . . .	34	Dropped Scones . . .	68				
Cake, C. B. . .	34	English Scones . . .	72				
Cake, Currant . . .	35	French Buns . . .	78				
Cake, Genoa . . .	35	French Galette. . .	79				
Cake, Genoese. . .	84	Genoese Pastry . . .	84				
Cake, German Pound . . .	35	German Wafer Biscuits . . .	85				
Cake, Ginger . . .	36	Gingerbread, Rolled . . .	159				
Cake, Chocolate . . .	50	Hot Cross Buns . . .	93				
Cake, Cocoa-Nut . . .	52	Keswick Buns . . .	103				
Cake, Coffee . . .	53	London Buns . . .	110				
Cake, Irene . . .	36	Macaroons . . .	111				
Cake, Jelly . . .	36	Milk Biscuits . . .	115				
Cake, Madeira . . .	37	Milk Rolls . . .	115				
Cake, My own . . .	118	Oat Cakes . . .	119				
Cake, Plain Luncheon . . .	37	Oatmeal Biscuits . . .	120				
		Parkin . . .	124				
		Rusks . . .	160				

	PAGE
Sally Luns	161
Scotch Scones	164
Shortbread	165
Soda Scones	167
Swiss Roll	182
Victoria Buns	192
Victoria Sandwiches	192
White Gingerbread	194
Wine Biscuits	194

Breakfast and Supper Dishes.

Birds' Nests	26
Calf's Head Mould	42
Chicken Croquettes	48
Cold Meat Shape	54
Friars' Omelet	81
Golden Fingers	86
Ham Toast	91
Kedgerie	103
Kidney	104
Kromesgies	104
Lobster Cutlets	109
Macaroni and Cheese	110
Macaroni with Tomatoes and Kidneys	110
Macaroni Pie	111
Pig's Head Brawn	131
Rabbit Cake	153
Rice and Cheese	156
Rissoles	158
Savoury Omelet	163
Stewed Kidney	178
Veal and Ham Cutlets	191
West Indian Dish	192

Creams.

Castle Cream	45
Chocolate Cream	58
Cocoa-Nut Cream	58
Coffee Cream	59
Corney Cream	57
Italian Cream	98

	PAGE
Sago Cream	59
Stone Cream	59
Strawberry Cream	60
Velvet Cream	60

Drinks: Refreshing Temperance.

Apple Water	15
Arrowroot and Black Currant Drink	17
Barley Water	21
Beverage, excellent	26
Bran Tea	28
Corney Cream	57
Ginger Beer	85
Ginger Cordial	86
Lemonade	108
Oatmeal Drink	120
Rhubarb Sherbet	156

Entrees.

Beef Olives	23
Beef Rolled and Braised	23
Birds' Nests	26
Case à la Financière	44
Chaud-Froid of Chicken	46
Chicken Cream	48
Chicken Croquettes	48
Chicken Kromesgies	49
Cold Meat Croustades	53
Cutlets à la Reform	65
Cutlets à la Soubise	65
Cutlets of Foie Gras	66
Findon Haddocks, Savoury	73
Foie Gras Mixture	76
Golden Fingers	86
Indian Cutlets	96
Kromesgies	104
Larded Beef	104
Lobster Cutlets	109
Marengo of Chicken	112
Meat Fritters	114
Oyster Patties	123
Partridges in Aspie	124

	PAGE
Pullet à l'Ivoire . . .	151
Quenelles of Fish . . .	152
Quenelles . . .	152
Rissoles . . .	158
Snipes à la Bonne Bouche .	174
Sweetbreads and Mushrooms .	180
Sweetbreads, Cradle of . .	181
Veal and Ham Cutlets . .	191
Vol-au-Vent of Oysters . .	124
Zephyr of Rabbit . . .	195

Fish.

Boiled Fish . . .	27
Fish Cakes . . .	74
Fish and Oyster Pie . . .	74
Fish, Stewed . . .	177
Fish Pie . . .	74
Fish Pudding . . .	75
Fish Stock . . .	76
Fish, Fried . . .	82
Fried Herrings . . .	83
Fried Oysters . . .	83
Haddock, Stuffed and Baked .	90
Kedgerie . . .	103
Lobster Cutlets . . .	109
Mackerel à la Normande . .	111
Mayonnaise of Salmon . . .	113
Oyster Patties . . .	123
Plaice Stuffed and Baked . .	132
Quenelles of Fish . . .	152
Russian Fish Pie . . .	160
Salmon,—Escalopes . . .	162
Sole au Gratin . . .	168
Sole à la Portugaise . . .	167
Souchet, Cold . . .	168
Whitebait . . .	193
Whiting, Cream of . . .	60

Fritters.

Apple Fritters . . .	13
Cheese Fritters . . .	47
Meat Fritters . . .	114

Gravies, Sauces, &c.

	PAGE
Bechamel Sauce . . .	22
Bread Sauce . . .	30
Brown Sauce for Steaks, &c. .	31
Browning . . .	31
Caper Sauce . . .	44
Custard Sauce . . .	65
Egg Sauce . . .	71
Fish Sauce . . .	162
Game Gravy . . .	87
Gravy for Roast Fowls, &c. .	88
Mayonnaise Sauce . . .	114
Mint Sauce . . .	117
Onion Sauce . . .	120
Oyster Sauce . . .	123
Robert Sauce . . .	159
Salad Sauce . . .	161
Sauce for Mutton Cutlets . .	118
Tartar Sauce . . .	183
Tomato Sauce . . .	185
Whipped Sauce . . .	193
White Sauce . . .	194
Wine Sauce . . .	195

Ices.

Apple Ice . . .	94
Chocolate Cream Ice . . .	94
Ice Pudding . . .	94
Lemon Water Ice . . .	94
Nesslerode Pudding . . .	118
Orange Water Ice . . .	94
Strawberry Cream Ice . . .	95
Strawberry Water Ice . . .	95
Sugar, Clarified, for Ices . .	96

Iceing for Cakes and Pastry.

(See page 95.)

Invalid Cookery.

Apple Water . . .	15
Arrowroot . . .	16
Arrowroot and Black Currant Drink . . .	17

	PAGE	Meats.	PAGE
Arrowroot Milk	17	Bacon and Egg Pies	19
Arrowroot Pudding	140	Beef Olives	23
Barley Cream	20	Beef Rolled and Braised	23
Barley Water, Clear	21	Beefsteak and Kidney Pie	23
Barley Water, Thick	21	Birds' Nests	26
Beef Essence	23	Calf's Head, Boiled	42
Beef Tea	24	Calf's Head, Mould	42
Beef Tea, Quickly Made	25	Calf's Head, Roasted	42
Beef Tea, Raw	25	Case à la Financière	44
Beverage, An Excellent	26	Chaud-Froid of Chicken	46
Bran Tea	28	Chicken Cream	48
Chicken Cream	48	Chicken Croquettes	48
Chicken Broth	49	Chicken Kromeskies	49
Chicken Panada	49	Chicken Pie	50
Cream of Whiting	60	Cold Meat Croustades	53
Custard Pudding	146	Cold Meat Shape	54
Eggs	69	Cold Meat Croquettes	61
Egg Drink	70	Cornish Pasties	56
Egg Flip	70	Curry	63
Eggs, Poached	70	Curry Cream	63
Eggs in Cases	71	Curry of Prawns	64
Fish, Stewed	177	Cutlets à la Reform	65
Gruel	89	Cutlets à la Soubise	65
Invalid's Fruit Tart	97	Cutlets of Foie Gras	66
Invalid's Pudding	97	Cutlets, Indian	96
Partridges, Boiled	125	Cutlets, Mutton, with Sauce	117
Pigeon, Stewed	178	Duck, Roast	68
Quenelles of Fish	152	Dutch Stew	68
Rabbit, Stewed	154	Eggs, Stuffed	71
Tripe, Boiled	187	Foie Gras Mixture	76
Zephyr of Rabbit	195	Fowl, Boiled	76
		Fowl, to Draw	77
		Fowl, to Roast	77
		Fowl, to Truss for Boiling	77
		Fowl, to Truss for Roasting	78
		Fricasée of Cold Meat	81
		Fricasée of Rabbit	82
		Galantine of Fowl	83
		Golden Fingers	86
		Grouse Pie	88
		Hare, Roasted	91
		Hare, Force meat	91
		Hare, to Jug	102
		Haricot Mutton	92
Jellies.			
Apple Jelly	14, 100		
Aspic Jelly	18		
Blackberry Jelly	27		
Calves' Foot Jelly	99		
Gooseberry Jelly	100		
Jelly	99		
Lemon Jelly	106		
Medlar Jelly	100		
Ox Foot Jelly	100		
Orange Jelly	121		
Pine Apple Jelly	101		

	PAGE
Heart Stuffed	93
Indian Cutlets	96
Irish Stew	98
Kidney	104
Kromeskies	104
Larded Beef	104
Lights and Pluck Stewed .	109
Marengo of Chicken . .	112
Meat Fritters	114
Mince	116
Mince Collops	116
Mutton, Boned and Stuffed .	117
Ox Tail, Stewed	122
Partridges in Aspie . . .	124
Partridge Pie	125
Partridge, Roast	126
Partridge, Stewed	126
Pheasant, Roast	130
Pigeon, To Truss and Roast .	131
Pig's Head Brawn	131
Pullet à l'Ivoire	151
Quenelles	152
Rabbit, Boiled	152
Rabbit Cake	153
Rabbit Pie	153
Rabbit, Roast	154
Rabbit, Stewed	154
Raised Pie	154
Rissoles	158
Salmis of Game	161
Sea Pie	165
Snipes à la Bonne Bouche .	174
Steak, Grilled	176
Stew, Brazilian	176
Stew, Exeter	177
Stewed Kidney	178
Stewed Pigeon	178
Stewed Steak	179
Sweetbreads	180
Sweetbreads and Mushrooms .	180
Sweetbreads, Cradle of . .	181
Swiss Stew	182
Tripe, Baked	187
Tripe, Boiled	187
Tripe, Fried	188

	PAGE
Turkey, Boned, and Stuffed with Tongue	188
Turkey, Roast	188
Veal and Ham Cutlets . . .	191
Veal Force meat	191
Zephyr of Rabbit	195

Omelettes and Soufflés.

Apple Soufflé	14
Baked Soufflé	169
Cheese Soufflé	170
Friars' Omelet	81
Lemon Soufflé	170
Omelet Soufflé	171
Rhubarb Soufflé	171
Savoury Omelet	163
Scotch Soufflé	172
Sponge Soufflé	172
Steamed Soufflé	172

Pastry.

Lemon Cheese Cakes	105
Lemon Cheese Cakes, Plain .	106
Mince Pies	116
Pastry, Short Crust	127
Pastry, Flaky Crust	127
Pastry, Puff	127
Pastry, Rough Puff	128
Pastry, Short Crust	128
Potato Cheese Cakes	133

Potatoes.

Potatoes, Boiled	136
Potatoes, New	119
Potato Cheese Cakes	133
Potato Chips and Ribbons . .	133
Potato Croquettes	61
Potato Pie	134
Potato Pudding	134
Potato Salad	135
Potato Snow	135

	PAGE
Potato Soup	135
Potato Surprise	136
Potatoes à la Duchese	136
Potatoes, Savoury	163
Potatoes, Scalloped	163

Soups.

Artichoke Soup	18
Bread Soup	30
Brown Sago Soup	31
Brown Soup	32
Cabbage Soup	33
Calf's Head Soup	43
Clear Soup	51
Consommé à la Royale	54
Consommé of Fowl aux Que- nelles	55
Consommé of Soles	56
Consommé Piquant	56
Dr. Kitchener's Soup	68
Fish Stock	76
Friar Tuck Soup	81
Gravy Soup	88
Green Pea Soup	88
Haricot Bean Soup	92
Julienne Soup	103
Lentil Soup	108
Onion Soup	120
Ox-Tail Soup	122
Oyster Soup	123
Potato Soup	135
Purée of Vegetables	151
Rice Soup	158
Scotch Broth	163
Soup à la Reine	173
Soup Maigre	173
Soups	174
Spinach Soup	176
Stock for Soup or Gravy	179
Tomato Soup	185
Turtle Soup, Clear	189
Turtle Soup, Brown	190
White Celery Soup	193

Stews.

	PAGE
Brazilian Stew	176
Dutch Stew	68
Exeter Stew	177
Fish, Stewed	177
Irish Stew	98
Kidney, Stewed	178
Ox-Tail, Stewed	122
Partridges, Stewed	126
Pigeon, Stewed	178
Rabbit, Stewed	154
Steak, Stewed	179
Swiss Stew	182

Sweets, Puddings, &c.

Albert Pudding	138
Alexandria Pudding	138
Amber Pudding	139
Apple Pudding	139
Apple Soufflé	14
Apple Gâteau	13
Apple Fritters	13
Apple Hedgehog	14
Apple Tart	15
Apricot Nougat	16
Apricot Pudding	140
Arrowroot Pudding	140
Ashantee Pudding	140
Aunt Elizabeth's Pudding	141
Baked Apple Pudding	141
Bakewell Pudding	141
Baked Tapioca Pudding	183
Barley Pudding	20
Batter Pudding	150
Blanc Mange	119
Bread Pudding	141
Bread and Butter Pudding	142
Cabinet Hot Pudding	142
Cabinet Cold Pudding	143
Canary Pudding	143
Cannelons	44
Charlotte Russe	46
Cheese Pudding	143
Cheese Straws	47

	PAGE		PAGE
Cheese Pastry	47	Rice Meringue	158
Chestnut Pudding . . .	144	Rice and Cheese	156
Christmas Plum Pudding .	132	Semolina Pudding	149
Cocoa-Nut Pudding . . .	144	Snow Eggs	166
Compôte of Cherries . . .	54	Steamed Tapioca Pudding .	151
Conservative Pudding . .	145	Sultan's Pudding	150
Cranberry Tart	58	Treacle Pie	186
Crystal Palace Pudding . .	145	Treacle Roly Poly Pudding .	186
Crouquante of Oranges . .	62	Treacle Sponge	187
Cumberland Pudding . . .	62	Treacle Tart	187
Cup Puddings	146	Yorkshire Pudding	190
Curates' Pudding	146		
Custard Pudding	146	Vegetables and Salads.	
Custard of Macaroni . . .	64	Artichokes, Boiled	17
Diplomatic Pudding . . .	146	Asparagus	18
Dutch Flummery	69	Beetroot, Boiled	25
Eve's Puddings	147	Boiled Leeks	28
Fig Pudding	73	Cabbage, Boiled	33
French Rice Pudding . . .	80	Cauliflower, au Gratin . .	45
Frumenty	83	English Salad	72
Gooseberry and Rice Shape .	87	French Salad	80
Ground Rice Pudding . . .	89	Glazed Carrots	86
Grutza	90	Haricot Beans	92
Hamilton Pudding	147	Lentils, Boiled	109
Indian Pudding	148	Onions, Prepared	121
Invalid Pudding	97	Onions, Boiled	121
Invalid Fruit Tart	97	Parsnips, Boiled	124
Lemon Pudding	106	Pease, Green, Boiled	129
Lemon Sponge	107	Pease Brose	129
Lemon Trifle	107	Pickled Cabbage	130
Marlborough Pudding . . .	148	Potato Croquettes	61
Nesselrode Pudding . . .	118	Potatoes, New	119
Orange Pudding	149	Potato Chips and Ribbons .	133
Pancakes, Magdala	112	Potatoes, Boiled	136
Pancakes, Snow	166	Potato Salad	135
Potato Pudding	134	Potatoes, Savoury	163
Prune Shape	137	Potatoes, Scalloped	163
Raspberry Sponge	155	Salad for Cold Meat	160
Rhubarb Mould	155	Sea Kale, Boiled	164
Rhubarb, Stewed	156	Spinach	175
Rhubarb Tart	156	Vegetable Marrow	192
Rice Pudding	149		
Rice to Boil for Curry . . .	157	Miscellaneous.	
Rice Croquettes, Sweet . .	157	Barley Sugar	21
Rice Croquettes, Savoury .	157		

	PAGE		PAGE
Browning	31	Jam Puffs	99
Clarified Fat	50	Marmalade, Orange	113
Cocoa	52	Mincemeat	116
Coffee	52	Pickle for Beef and Tongues	130
Croûtons	62	Porridge	133
Dripping, to Clarify	67	Preserved Oranges	137
Everton Toffee	73	Tea, to Make	183
German Chocolate	85	Toast	184
Indian Chutney	96	Tomatoes and Rice	186
Jam	98	West Indian Dish	192

INTRODUCTION.

THERE are three things to be specially observed in connection with the rudiments of cookery, viz., *cleanliness*, *punctuality*, and *economy*.

Cleanliness is one of the most important qualities a cook can possess. Without strict observance of this, the appearance of a dish is often spoiled, and the flavour destroyed. Nothing in cookery needs more careful attention than the state of the various utensils used for the purpose of cooking.

Method is the essence of cookery, and there is no method without punctuality. Punctuality in the kitchen promotes the peace and happiness of a family.

Good cookery is essentially *economical*, not only because food properly prepared is more wholesome, and likely to be used up quickly, therefore not allowed to "waste," but also because a skilful and intelligent cook will be able to provide many tasty and nourishing dishes at a very small cost from vegetables, scraps, and coarse pieces of meat that might be otherwise cast aside as useless. A little careful management will enable her to practise true economy without stinginess.

There are seven distinct methods of cooking food, viz., baking, boiling, broiling, frying, roasting, stewing, and steaming.

BAKING.—Great attention must be given to the oven, which should be kept perfectly clean. As a rule, the heat for cakes,

biscuits, scones, and buns should be 240° Fahr.; for puff pastry, 300° ; short crust pastry, 240° ; rough puff pastry, 280° ; flaky crust, 240° . A little practical experience is needed in the management of an oven, and the flues must have special attention. The heat should be reduced after the first ten minutes in baking starchy materials. Pastry should be put for the first ten minutes into a very hot part of an oven, so that the starch grains in the flour may be burst, and so be enabled to mix with the fat and surrounding moisture; it should then be removed to a cooler part of the oven, to cook slowly without burning till done.

If pastry is put at first in a cool oven, the fat melts; but as the starch grains in the flour are not burst, they cannot absorb the fat, which runs out and makes the paste greasy and heavy.

Pastry or bread should not be baked in an oven with meat, as the steam from the latter prevents them from properly baking.

BOILING is cooking anything in sufficient water to cover it, and as the water reduces or passes off into steam, more *boiling* water must be added. Water boils at 212° Fahrenheit. In boiling a leg of mutton, or any joint in which you wish to retain the nourishing juices, place it in boiling water (212° Fahr.), taking care that there is enough water to cover it. This coagulates the albumen on the outside of the joint, forms a kind of casing which keeps in the nourishing juices. After the joint has been put into the water, allow it to boil five minutes, then skim carefully, move the pan to a cooler place, and simmer slowly with the water about 170° Fahr., allowing a quarter of a hour to each pound, and one quarter of an hour over. If it is a large piece of meat, allow half an hour over.

Salt meat must be put into warm water, so as to extract a little of the salt before the pores of the skin are closed up. If the salted meat were put into boiling water, the pores of the skin would be immediately closed up, and the meat would become hardened by the salt not being allowed to escape. The analysis of the brine after use shows that salting greatly diminishes the nutritive value of the meat, for it is found to contain a large portion of the ingredients of its juice. Salt draws out and breaks up the albuminous juices of the meat. Soaking will remove the saltiness, but cannot, of course, restore the nutritive part which has been drawn out by the salt into the brine, which should be used for soup. Salted meat cannot be long used without impairing the health, unless vegetables in larger proportions are taken with it. Salt meat should be cooked slowly, and twenty minutes for each pound and twenty minutes over allowed.

Potatoes are a valuable preventative against scurvy, as containing lime, salts of potash, starch, &c.

Green vegetables should be boiled in plenty of water, and very quickly, without a lid, to preserve the colour. Hard water helps to hold in the nourishing juices, but it is at the risk of the lime in the water hardening the woody fibre. Therefore while hard water makes vegetables more nutritious, soft water makes them more digestible.

There is a good deal of confined air in garden vegetables which must be set free in boiling water (212° Fahr.), though the bursting of the starch cells can be effected in a somewhat lower heat (170° or 180° Fahr.). It is to be regretted that green vegetables are not more largely used in England; they contain many valuable minerals which are needed to keep the body in health. Cabbage is the most valuable anti-scorbutic we possess, but this valuable property is lost if the cabbage

has been cut some days and sprinkled with water to give it a fresh appearance. Therefore we see the great importance of having all green vegetables *fresh*; they should always be crisp and freshly cut. Onions are very valuable as repairing the waste of the brain, purifying the blood, also for the mineral substances which they contain; but they should always be scalded before cooking in the following way to make them digestible:—Peel the onion, place it in a basin of *boiling* water with a piece of washing-soda the size of a pea and half a teaspoonful of salt; cover the basin with a plate. In about fifteen minutes the water will become quite green. This should be thrown away, as it contains the green indigestible part of the onion, which so often renders it disagreeable and strong to the taste.

BROILING is to cook over, or before, a clear bright fire. If this is to be done on a gridiron, see that it is thoroughly clean, rub it with a little suet, then place it over a hot, clear fire, so that the iron may become quite hot, and when the meat is put on to it, the hot metal will have the effect of hardening the outside of the meat, so as to keep in its nourishing juices. The length of time required for broiling depends upon the thickness of the meat. Turn it very often, but do not pierce the lean, or the juices will escape.

FRYING.—There are two distinct methods of frying—wet frying and dry frying. In order to accomplish wet frying—which may be described as cooking things in hot *fat* instead of in *water*—put into an *iron* saucepan enough clarified fat to cover the article to be cooked (recipe how to make which will be given). Make the fat quite hot. It is the proper heat when a blue steam rises from it and the fat is quite still. The fat may be tested by putting into it a piece of bread; if it becomes quickly a golden colour, the fat is at the right

heat, and you may immediately fry your preparation, which must have a coating either of flour, egg and bread crumbs, or a thick batter of flour and water. Directly the things enter the fat, each piece becomes "surprised," and the outer coat is sealed, which prevents the fat getting inside and making it greasy. When they become a bright golden colour, remove them with a perforated iron spoon on to a sheet of porous paper to absorb any superfluous fat.

If the fat is not sufficiently heated, things put into it to fry will be soaked in it, and instead of being brown and crisp, they will come out a greasy mess, instead of a pretty and interesting dish. The fat should be strained each time it is used, it may be used for frying over and over again, and will keep, if properly made, for several months. If the heat is tested by a frymometer, it should be 345° for ordinary frying, and 400° for whitebait.

Dry Frying.—In dry frying a very small quantity of fat is used, and it is generally done in a shallow frying-pan, which, I need hardly say, should be scrupulously clean. The pan must be placed over a clear fire with a little fat in it, and the article to be fried cooked on both sides of a pale brown. This is an extravagant way of cooking, as the fat is seldom fit for use a second time. In frying bacon, make the pan hot before putting it in, and there will be sufficient fat from its own melting to cook it. Chopped vegetables and potatoes are an excellent food with a little dripping, and may be done in a frying-pan.

Note.—An *iron* pan is best.

ROASTING.—This process somewhat resembles baking, as it is really cooking with dry heat. The best joints are usually selected for this mode of cooking, and should be hung until the fibre becomes tender, for a length of time

which depends on the state of the weather. An hour before the joint is to be put down, all dust must be cleared away from the grate and a good fire made up, all hollow places in the fire must be filled up with coal. Weigh the meat, and allow a quarter of an hour to each pound, and a quarter of an hour over for all brown meats, as beef and mutton, but twenty minutes to each pound and twenty minutes over for all white meats, as veal and pork. The joint should be placed as close as possible to a clear, bright fire for the first ten minutes, and then be drawn at least sixteen inches from the fire. The great heat at first hardens the outside and keeps in the juices of the meat. Baste it very frequently while cooking with the dripping that is produced by the melting of the fat. If the meat is very lean, it should be basted with hot dripping melted for the purpose. The meat may be dredged with a little flour a quarter of an hour before it is quite ready, to make it browner and to thicken the gravy a little.

There are two other methods of roasting—one is done in the oven, the other in an iron saucepan. The former way of roasting, or *baking*, as it is usually called, is cooking a joint in the oven. Place the joint for the first five minutes in a very hot part of the oven to harden the outside and keep in the juices. Baste it very often when the fat is sufficiently melted. It is often found very useful to place a basin of *hot* water in the oven to keep the air of the oven moist without cooling it. The oven should be properly ventilated while the meat is being roasted in it, as when meat is roasted in a closed oven an injurious vapour is generated which should be allowed to escape.

Roasting in an iron saucepan is useful for small joints, birds, &c. There should be just enough space round the

joint to baste it properly. Put into the pan enough fat to cover the bottom ; when it is melted, put in the joint and cover it with a tightly-fitting lid. Cook over a slow fire and baste it frequently. Allow the same time as for cooking before the fire.

STEWING.—This is considered to be the most economical way of cooking meat, as here all the juices, which escape from the meat when cooked in other ways, are preserved in the gravy. Coarse pieces of meat may be dipped in vinegar and made comparatively tender by long and gentle stewing. Only a very slow fire is needed for this method of cooking. The stew should never be allowed to rise to boiling-point. In stewing steak or any juicy meats, the outside should be hardened by browning it first in a small quantity of hot fat, so as to keep in the juices. The meat is then placed in a stewpan and a small quantity of hot water or stock poured round it. This should be allowed to simmer very slowly ; it must not come to boiling-point.

Another good way of stewing is to put the stew in a stone jar with a tightly-fitting lid or cover of greased paper. The jar may be placed in a slow oven, or in a saucepan of cold water over the fire, and the water kept boiling round the jar three or four hours.

STEAMING.—Place the food in a tin or earthenware vessel, well-greased, cover either with a tightly-fitting lid or greased white paper. Place it in a pan of *boiling* water, allowing the water to come only half way up its side. Add more boiling water as it reduces, and take care to have a closely-fitting lid on the pan.

THE BOILING OF AN EGG appears to be the simplest of culinary operations, and yet even in this there is a field for study, and more than one method of procedure. For ex-

ample, the Portuguese in the Azores (among other peoples) put eggs upon the table in boiling water without previous cooking, and whenever one wishes for an egg he takes it. After the albumen is once coagulated, it does not become harder, as the water is becoming colder all the time, and is soon below the temperature at which coagulation takes place. Mr. Williams gives an experiment to prove that eggs are better when cooked at a lower temperature than that of boiling water. It is as follows :—Heat a pint of water to boiling, and, keeping the water boiling, cook in it an egg three minutes and a half, the usual time FOR SOFT-BOILED EGGS. Take this egg out, put another in, and remove the saucepan from the fire to the hearth or some other convenient place. Leave this second egg in for about ten minutes—at least as long as this—and compare the two. The second egg will be found to be uniformly cooked, no portion of the white appearing raw, as is ordinarily the case with soft-boiled eggs, but all soft and tender and yet coagulated. It is necessary to use not less than a pint of water in the experiment given, or it will lose its heat before the egg is sufficiently cooked. The same result may be more certainly reached by keeping an egg in water at the temperature of 180 degrees Fahr. for ten minutes, or of 160 degrees Fahr. for twenty minutes or more; the point being to ensure that the whole egg has been heated to the temperature of 160 degrees, which is the temperature at which the white is perfectly coagulated, and is yet soft and tender.

HAVING explained briefly the different methods of cooking food, it may be useful to go on to consider some of our chief

foods and their uses in repairing the wasted and worn-out materials of the body.

There are four classes of foods to be represented in our daily diet, if the body is to be kept in a healthy state, viz., heat-givers, flesh-formers, salts, and water.

Cookery has chiefly to do with heat-giving and flesh-forming foods, or, as they are sometimes called, carbonaceous and nitrogenous foods, which are supplied to us from the animal and vegetable kingdom ; and whether we eat animal or vegetable food, we are really eating the same ingredients, for the animals first eat the vegetables. One thing lives on another ; as plants nourish animals, so animals nourish us.

The elements into which all food may be resolved are few and simple. They are chiefly carbon, hydrogen, oxygen, nitrogen, and salts. We get hydrogen chiefly from water, oxygen chiefly from air entering the body by the lungs and skin, carbon and nitrogen chiefly from foods. The following are some of the chief carbonaceous or heat-giving foods :—

FATS.	STARCH.	SUGAR.
	<i>Found in</i>	<i>Found in</i>
Suet.	Potatoes.	Milk.
Butter.	Flour.	Honey.
Oil.	Arrowroot.	Beetroot.
Lard.	Rice.	Fruit.
Yolk of egg.	Semolina.	Sugar-cane.
Cream.	Tapioca, and most garden vegetables.	
Dripping.		

Having noticed some of the chief foods which keep up the heat of the body, we will now see what parts of food will make flesh, and so build up the body. The following are some of the chief nitrogenous or flesh-forming foods found in the animal and vegetable world :—

ANIMAL.	VEGETABLE.
Fish.	Oatmeal.
Skim-milk.	Lentils.
Cheese.	Beans.
Lean meat.	Peas.
Poultry.	Barley.
White of egg.	

We must have in all well-balanced diets, 1. Nitrogenous foods, 2. Starch, 3. Fats, 4. Minerals—the last three technically called carbonaceous foods.

A model diet consists of about two pounds of carbonaceous and one to threequarters of nitrogenous food, varying according to *age, climate, employment*, and state of health.

AGE.—Infants should be fed on milk until the teeth appear; it is the most perfect food we have, and contains everything necessary for building up the human frame and sustaining health. It is only when the coming teeth are on their road to the front that the parotid glands secrete sufficient saliva to digest farinaceous food.

Food should be taken *regularly* and at proper intervals. Meal-times should be fixed, and, if possible, adhered to. Whilst growing, young people should have meals about every four hours during the daytime. Those who are further advanced in life often find three meals a day sufficient.

Food should be taken *slowly*, and never “bolted,” and violent exercise as well as great mental exertion should be avoided just before and after a meal.

CLIMATE.—The inhabitants of very cold climates are compelled to consume large quantities of fat or oily matter, whilst in hot countries starches and sugars are most suitable.

EMPLOYMENT.—Persons who are sitting most of the day cannot digest the same amount of fat as those actively engaged in the open air. They should select foods that give in small bulk the greater amount of nourishment, and these

should be prepared in a light and digestible form. For example, in preparing porridge, it is much more easily digested if the oatmeal be put into cold water or milk and boiled two or three hours ; but if it is being prepared for people engaged in outdoor work, it is best put into boiling water and boiled ten minutes.

Liquid foods give the least trouble to the digestive organs ; they are useful in cases of illness, or when the body is very tired ; but as a rule, in health it is better to give the digestion its proper work to do. The evening meal should always be a very simple one ; but however carefully and wisely we may select our food, good cooking, a good digestion, and fresh air are absolutely indispensable to health and comfort.

Professor Blott says if one has mental labour, fish every second day at least is requisite. Soup sets all the glands at work, and prepares the stomach for the most important function of digestion, and therefore should be taken at dinner every day. Beef-broth is to old age what milk is to the young. Cookery properly attended to keeps man in health, and when the stomach is out of order, the brain is affected. We should eat more fruits, vegetables, soups, and fish.

AIR is so closely connected with food that a few remarks upon it may not be out of place here. We breathe it into the lungs, and it then meets the food changed into blood, and purifies it ; and so through the changes effected by the oxygen in the air and by various other organs of the body, the food we swallow is gradually made fit to replace all the wasted and worn-out tissues, &c.

Air consists chiefly of two gases, nitrogen and oxygen, about twenty-one parts oxygen and seventy-nine nitrogen. There is more oxygen in the air in cold than in hot weather. The oxygen is the useful active principle ; the nitrogen

merely acts by diluting the oxygen, which by itself would be too strong. No fire or light could possibly burn without this oxygen ; gas and fire breathe the same sort of air as we do, and like us cannot live without it.

There is a double process going on in the lungs. The air taken in has a good supply of fresh oxygen in it, but the air breathed out from the lungs is foul with carbonic acid ; and the blood reaches the lungs laden with carbonic acid, and departs with a cargo of pure health-giving oxygen.

The oxygen is breathed into the lungs and unites there with the used-up carbon in the blood, and forms carbonic acid gas. The result of this union is that there is a constant fire kept up there to warm the body, and the blood is purified of its worn-out carbon, and restored to its bright-red colour. This carbonic acid is a heavy poisonous gas, and when cold sinks to the bottom of a room : thus we see the great importance of having our windows open at the *bottom* as well as at the *top* ; so that the pure air may come in, and the bad poisonous air escape. It is a sad fact that too many people neglect this important duty of ventilation. One of the first requisites under all circumstances is to see that you get plenty of fresh air into your house. Much more might be said on this interesting and important subject, as well as on the different stages of digestion which the food passes through before it enters the blood and becomes part of the body ; but I have endeavoured to show, very briefly, how we may take care of the health which God has given us, and use properly the food and other blessings of this life, for our good, and to the glory of Him “who giveth us richly all things to enjoy.”

M. A. EVERARD.

SIBSEY, BOSTON, LINCOLNSHIRE,

August 1886.

DOMESTIC COOKERY.



Apple Fritters.

PUT into a bowl a quarter of a pound of flour, and with a wooden spoon press the flour to the side of the basin, leaving a hollow centre ; pour into this a tablespoonful of salad oil, then add, very slowly, a quarter of a pint of warm water, mixing it one way with the wooden spoon. Pour the batter into a jug, beat it ten minutes. Whip up to a stiff froth the whites of two eggs on a clean plate with a dry broad-pointed knife : mix them lightly with the batter. Peel some apples, remove the core, cut them into slices a quarter of an inch in thickness, cover them well with the batter. Put into an iron pan two pounds of clarified fat ; when a blue steam rises and the fat is quite still, it is then the proper heat for frying. Lift the slices of apple from the batter with a skewer ; drop them into the hot fat till a golden colour on both sides. Remove them on to porous paper, shake some sugar over ; keep quite hot till all are done ; pile high on a clean hot napkin, and serve at once.

Apple Gâteau.

Take twelve good juicy apples, peel them, cut them up into small pieces, put them into a pan with the rind and juice of one lemon, one tablespoonful of water, half a pound of loaf-sugar ; cook them slowly till soft, pass them through a

hair sieve. Melt two ounces of butter in a saucepan, add it to the apple pulp. Beat four eggs, the whites and yolks together, mix them well with the apple. Grease a mould with a hole in the centre ; cover it with brown cake crumbs ; pour in the mixture. Bake twenty minutes in a slow oven. Turn out, and fill the centre with whipped cream.

Apple Hedgehog.

Put into a pan one pint of water and a quarter of a pound of sugar ; bring it to the boil, put into it six apples, peeled, cored, but left whole : cook them carefully, turning them over frequently in the syrup. When quite soft, lift them out on to a dish. Fill the centre of each apple with whipped cream ; pile high on the top the whites of three eggs beaten to a stiff froth, sift over some sugar, and stick all over the top some almonds cut into strips to give it the appearance of the back of a hedgehog ; brown it slightly, either in an oven or before a fire

Note.—This dish may be served hot or cold, but is better cold.

Apple Jelly.

Cook one pound of apples with three ounces of sugar, the rind and juice of one lemon till soft ; pass them through a hairsieve ; dissolve one ounce of gelatine in a quarter of a pint of water ; when cool add it to the apple pulp. Wet a mould, and ornament it with dried cherries ; pour in the mixture ; allow it to get cold ; turn out on a crystal dish ; serve with whipped cream.

Note.—If preferred, part of the jelly may be coloured with cochineal.

Apple Souffle Pudding.

Take two pounds of good cooking apples, peel them very thinly, cut them into slices ; put them into a pan with two

ounces of butter, two tablespoonfuls of sugar ; cook them over the fire till soft, pass them through a hair sieve ; when quite cool, add the beaten yolks of four eggs, the grated rind of a lemon, and a teacup of bread crumbs ; mix them well together. Beat up the whites of four eggs to a stiff froth on a dry plate with a knife, and a tiny pinch of sugar ; add them lightly to the pudding ; pour the mixture into a buttered pie-dish, and twist a buttered paper over the top ; bake twenty minutes, the paper should be removed for the last ten minutes to allow it to brown.

Apple Tart.

Put into a bowl half a pound of flour, a tiny pinch of salt, a quarter of a teaspoonful of baking powder, a teaspoonful of fine sugar ; mix them well together. Rub in very finely five ounces of lard, butter, or dripping ; add the juice of half a lemon ; make into a stiff paste with cold water, roll out three times, and it is ready for use. Peel some apples ; cut them up into a pie-dish ; when half full, add two tablespoonfuls of sugar ; fill up the dish with apples ; wet the edges of the dish, line them with a thin strip of paste, then cover the top, taking care not to stretch the pastry in putting it over ; mark it with a knife round the edge ; make four holes at the sides ; bake for ten minutes in a very hot part of the oven, then remove it to a cooler part for thirty minutes.

Apple Water.

Choose a nice juicy apple, rub it in a clean cloth ; do not peel it ; cut it into thin slices ; put them into a jug with two lumps of sugar, a piece of thin yellow rind from a lemon ; pour over them half a pint of boiling water ; cover the top of the jug, and allow it to stand until cold ; strain it and serve.

Note.—Cooling and very useful in fevers.

Apricot Nougat.

Make a piece of flaky crust thus :—Put into a bowl half a pound of flour, drop into the centre of it the white of an egg beaten to a stiff froth, with a pinch of salt ; add just enough cold water to make a stiff paste, mixing it with the right hand ; turn it out on a floured board, roll it out to about half a yard in length, cover it all over with tiny pieces of butter, lard, or half and half of each ; fold it in three, turn the rough edges toward you ; repeat this until five ounces of butter are in, it will need about five times rolling ; when this is done, line a flat baking tin with a thin layer of it ; place a piece of crumpled paper in the centre to prevent it rising to the top of the tin ; bake in a hot oven till a golden colour ; blanch a quarter of a pound of sweet almonds ; dry them on a tin near the fire ; cut them into strips ; mix them with the whites of two eggs beaten to a stiff froth, two table-spoonfuls of sugar, eight drops of ratafia. Spread over the pastry a layer of apricot jam ; on the top of the jam a layer of the egg and almond mixture ; sift over some fine sugar ; return it to the oven to take a pale brown ; cut it into pieces about three inches long and two wide ; serve high on a dish, either on paper or a napkin.

Arrowroot.

Put into a basin half an ounce of arrowroot, one teaspoonful of sugar, and, very slowly, half a pint of cold water, stirring all the time to keep it smooth. Pour this into a pan, stir till it boils and thickens, then boil for three minutes. Serve hot. There is very little nourishment in this preparation, but it is easily digested, and can sometimes be taken when nothing else is acceptable.

Arrowroot and Black-Currant Drink.

Boil some black-currant preserve in a quart of water, and strain; mix a teaspoonful of arrowroot with a little cold water, and pour the boiling liquid over it, stirring it well all the time: to be taken cold. Particularly good in affections of the throat.

Arrowroot Biscuits.

Put into a basin half a pound of butter, half a pound of sugar; cream them together; next add the yolks of four eggs and half a pound of arrowroot. Beat the whites to a stiff froth on a clean dry plate with a pinch of salt and a knife; add them, lastly, to the mixture. Drop on to greased tins and bake.

Arrowroot Milk.

Put into a basin half an ounce of arrowroot, a teaspoonful of sugar; add very slowly half a pint of cold milk, stirring all the time to keep it quite smooth. Put all this into a pan; stir till boiling; then boil three minutes. Serve hot.

Artichokes, Boiled.

Wash the artichokes; peel them and throw them at once into vinegar and water—three parts water and one part vinegar—to preserve the colour. When all are ready take them from the vinegar and water and put them into a pan of boiling water; boil them until they are soft. Place them in a vegetable dish and pour over them the following sauce:—Melt in a pan one ounce of butter or dripping; stir into it one ounce of flour and a quarter of a pint of milk; stir carefully to boiling; add a pinch of salt; boil two minutes, and serve hot.

Note.—Salt should not be put into the water they are boiled in, as it spoils the colour.

Artichoke Soup.

Take two pounds of the shin of beef and two pounds of the shank of veal ; cut up the meat into small pieces, also the bones ; put them into a clean stewpan, cover them with cold water, bring slowly to the boil ; throw in a teaspoonful of salt at boiling-point ; remove any scum that rises to the surface ; simmer it very slowly four hours ; strain it through a sieve. When the stock is quite cold, take off every particle of fat ; put the stock into a pan to boil. Break four ounces of rice-flour with a little milk, and pour it into the boiling stock ; stir carefully three minutes ; have ready two dozen artichokes cleaned and peeled ; add them to the soup, cook them slowly till soft, pass all through a sieve. When the soup is to be served, return it to the pan ; make it quite hot ; season with white pepper, and pour it into a soup tureen on to half a pint of cream or milk, gently stirring it all the time.

Asparagus.

Trim the asparagus and cut it into equal lengths ; wash it in cold water, tie it in a bundle, stand it upright in a pan of boiling water, allowing it to reach nearly to the tender green tips ; boil it rapidly without a lid until it is tender. Serve on toast with white sauce.

Note.—Asparagus should be eaten as soon as possible after cutting, as it is then most wholesome.

Aspic Jelly.

Take an ox foot, wash it thoroughly well. cut it up into small joints ; put them into cold water ; bring to the boil, pour away the water ; add six quarts of clean cold water ; simmer very slowly, with a lid on the pan, six hours ; strain it ; allow it to get quite cold. Remove every particle of fat

by means of an iron spoon dipped into boiling water ; wring out a clean towel in hot water, pass it over the surface. Put the stock thus prepared into a very clean pan with two tablespoonfuls of tarragon vinegar, two tablespoonfuls of white vinegar, a blade of mace, twenty white peppercorns, one small turnip, one onion *prepared* (see ONIONS), one small carrot, a sprig of parsley, thyme, celery, the whites and shells of two eggs. Whisk these all over the fire until a stiff froth is formed on the top ; remove the whisk ; allow it to boil up to the top of the pan twice ; remove it very carefully from the fire so as not to break the froth formed on the top ; put on the lid ; allow it to stand twenty minutes ; strain through a clean kitchen towel.

Note.—It is the froth on the top which forms the filter for clearing the jelly. There is no need of a *flannel* bag. Aspic jelly may also be made as above, only using one ounce of gelatine and one pint of water instead of the ox foot.

Bacon and Egg Pies.

Put into a basin half a pound of flour, rub finely into it a quarter of a pound of lard or dripping, make into a stiff paste with cold water, roll it out on a floured board to about a quarter of an inch in thickness ; line some patty-pans with the paste, and put into each one some cooked bacon and egg cut up into small pieces ; season with pepper and salt ; wet round the edges, put a lid of paste on the top, cut it evenly round, mark with a fork ; bake in a hot oven ten minutes.

Banbury Cakes.

Takesome flaky crust (see FLAKY CRUST) or puff pastry (see PUFF PASTRY) ; roll it out to about half an inch in thickness ;

cut some pieces four inches long and three and a half wide, put some Banbury meat in the centre, fold it in three, press the edges firmly together, make three marks with a knife across the top, brush them over with whipped white of an egg and sugar; bake in a hot oven. Time to bake, fifteen minutes.

Banbury Meat.

Beat a quarter of a pound of butter to a cream; mix with it a quarter of a pound of moist sugar, two ounces of mixed candied peel chopped fine, six ounces of best flour, one pound of currants, a quarter of an ounce of allspice, a quarter of an ounce of cinnamon: mix all these dry ingredients well together; blend well with the beaten yolks of five eggs. Tie in jars and keep in a dry place for use.

Barley Cream.

Cut up half a pound of fillet or cutlet of veal in small pieces, remove all fat and skin, put it into a pan with one pint of water; well wash the barley, add it to the veal, allow it to simmer very slowly two hours; pass the meat, barley, and soup through a sieve. Then add to it one gill of cream, pour all into a pan, and stir till thick and quite hot; do not allow it to boil or it will curdle. Serve with toast cut in dice.

Barley Pudding.

Wash one ounce of barley, soak it all night in cold water; put it into a pan with half a pint of milk and one ounce of sugar; simmer it very slowly over the fire until it is soft, about an hour; pour it into a dish to cool, then add an egg well beaten; place it in the oven to brown or before the fire.

Barley Sugar.

Put into a clean pan one pound of loaf sugar, pour over it one teacup of boiling water, melt it slowly over the fire, stirring it frequently till it boils; do not stir it after it has once reached boiling-point. Now add a quarter of a teaspoonful of cream of tartar—this prevents it going back to sugar; boil it without a lid until it will set; drop a little into cold water to try it, and if sufficiently boiled it will be brittle; then pour it out on to an oiled dish. Take a pair of scissors and clip pieces off all round the outer edge, twist them and lay them on a flat board.

Barley Water, Clear.

To make half a pint wash two ounces of pearl barley well in two or three fresh waters; put it into a jug with a little piece of lemon rind and two lumps of sugar; pour on to it one pint of boiling water; cover the top of jug; stand in cool place till cold; strain into a clean jug for use.

Barley Water, Thick.

Wash well two ounces of barley; put it into a pan with one pint of water; boil it ten minutes; throw away the water, and pour over it two quarts of fresh clean water; boil slowly two hours; strain it into a jug on a little lemon rind. When cold, sweeten to taste, remove the peel, and serve.

Note.—The barley water is a much better colour if the water is changed as above.

Bath Buns.

Put into a bowl a quarter of a pound of flour; cream one ounce of German yeast with half a teaspoonful of salt or sugar; mix with it half a teacup of warm milk; set a sponge with it in the centre of the flour; cover it with a cloth; set it in a warm place to rise one hour. Put into *another* bowl threequarters of a pound of flour; rub into it finely six

ounces of butter, six ounces of sugar, a tablespoonful of carraway seeds ; drop in four eggs, not beaten ; mix well at the end of one hour ; add this to the first bowl ; beat ten minutes. Set to rise again half an hour ; form into rocky buns ; put them on a floured tin with a few pieces of sugar upon each bun ; prove fifteen minutes ; bake in a hot oven.

Beacon Biscuits.

Put into a basin one pound of flour, two ounces of butter, and two ounces of fine sugar ; rub them finely together ; then add just enough milk to make a stiff dough ; work it till quite smooth and soft. Roll it out very thinly ; cut it into rounds ; prick and bake on a greased tin ten minutes in a moderate oven.

Bechamel, or French White Sauce.

For the foundation of this sauce some good white clear stock will be required ; that will set in a stiff jelly. It may be made from an old fowl and a pound of knuckle of veal cut up into small pieces, put into a pan, with enough cold water to cover them ; bring to the boil ; skim well ; add a piece of turnip, carrot, onion, and celery, a blade of mace, twenty white peppercorns, a tablespoonful of salt ; simmer slowly six hours ; strain it ; allow it to become quite cold. Put the stock into a clean pan with the whites and shells of two eggs ; whisk all over the fire until a stiff froth is formed ; boil it well to the top of the pan twice ; remove pan from the fire and the whisk from the pan ; leave it quite still twenty minutes ; strain through a clean cloth ; it is then ready for the bechamel, which is prepared as follows :—Mix a tablespoonful of arrowroot with half a pint of milk or thin cream ; have ready a pint of the white stock boiling on the fire, and when the arrowroot is thoroughly blended, pour it into the stock ; stir very carefully till quite smooth and thick, and it is ready for use.

Beef, Essence of.

Take a quarter of a pound of lean beef ; prepare it as for beef-tea ; put it into a jar without water ; place the jar in a pan of cold water on the fire ; allow the water to boil round the jar three hours.

Beef Olives.

Take a piece of steak ; cut it into neat squares about three inches in size ; place in each one a small piece of fat and a little stuffing made thus : — Chop very finely one tablespoonful of parsley ; mix with it four tablespoonfuls of bread crumbs, a little pepper, salt, and one egg ; tie up the meat in little rolls ; fry them in a little hot butter or dripping, a nice brown ; remove them from the pan ; stir a dessert-spoonful of flour in the butter ; add enough stock or water to cover the rolls ; cook them very slowly one hour and a half, then add a dessert-spoonful of Harvey's sauce and one of mushroom ketchup.

Beef Rolled and Braised.

Take one pound of beef-steak, cut rather thin ; place in it a stuffing made with three tablespoonfuls of bread crumbs, one tablespoonful of finely chopped parsley, one onion scalded, boiled, and chopped, a little salt, pepper, and one egg, or two tablespoonfuls of milk. Place this in the steak, roll it up, tie it neatly with string ; place it on a bed of vegetables, finely cut up, in a stewpan with just enough water or stock to cover ; bring to the boil ; baste frequently ; put it in a hot oven to braise an hour and a quarter ; place it on a hot dish and strain the gravy over it.

Beef-Steak and Kidney Pie.

Take half a pound of best steak ; cut it into long thin strips across the grain ; remove the skin from a sheep's

kidney and cut it into small pieces ; put on to a plate a tablespoonful of flour, half a teaspoonful of salt, a quarter of a teaspoonful of pepper ; mix them together ; toss each piece of steak and kidney into it ; roll up the pieces of steak with the kidney and a small piece of fat in each roll ; place them on an end in a pie-dish. Peel an onion ; put it into a basin with half a teaspoonful of salt and a small piece of washing-soda the size of a pea ; fill the basin with *boiling* water ; cover the top with a plate ; allow it to stand ten minutes. This draws out the green indigestible part from the onion which often renders it so disagreeable ; cut up the onion very finely, sprinkle some over the steak—also a little flour, pepper and salt ; pour in some stock or water nearly to the top of the steak ; wet round the edges of the dish ; line them with a strip of rough puff pastry ; cover the top, taking care not to stretch it ; make a hole in the middle to allow the steam to escape ; cut it evenly round the edges with a sharp knife ; bake it for the first fifteen minutes in a hot part of the oven, then remove it to a cooler part to bake one hour and a half.

Note.—The pie should be ornamented with a rose or leaves in the centre, and brushed over with a beaten egg.

Beef-Tea.

Take one pound of lean newly-killed beef ; remove all skin and fat ; shred it finely across the grain ; pour over it one pint of cold water, add a grain of salt ; allow it to stand twenty minutes ; put it into a jar, place the jar in a pan of cold water ; bring it slowly to the boil ; keep the water boiling all round the jar four hours, stirring the beef-tea frequently from the side with a fork ; so that the juices may be drawn out from the centre ; strain it ; allow it to get cold ; remove every particle of fat, and warm up only just as much as is needed each time for use, as beef-tea spoils when kept warm.

Beef-Tea, Quickly Made.

Take a quarter of a pound of newly killed juicy beef; shred it across the grain; put it into a pan with a quarter of a pint of cold water and a grain of salt; allow it to stand ten minutes, then take two forks and stir it well over the fire until it turns white; do not allow it to boil, as beef-tea boiled is beef-tea spoiled.

Note.—Salt should not be put into beef-tea in severe cases of illness without first consulting a doctor.

Beef-Tea, Raw.

Shred finely two ounces of lean beef; put it into a jar; pour over it four tablespoonfuls of cold water; allow it to stand fifteen minutes; strain it in a red glass, and serve. This should never be given without a doctor's orders, and should be freshly made always just before serving, as it soon becomes putrid. Raw beef-tea is sometimes given during teething, dysentery, and typhoid fevers.

Beetroot, Boiled.

Cleanse it very carefully so as not to break the skin; it should be slightly washed, so as to remove the dirt without piercing the skin. It is very important to remember this point, or the skin, if broken, will spoil the colour of the beet, and it will be sickly looking instead of a bright clear colour; put it in plenty of boiling water; boil it till soft; remove the skin; cut into slices and serve either with melted butter or cold in vinegar, flavoured with mace and peppercorns; these may be boiled in the vinegar and poured over the beet when cold.

Belvoir Buns.

Take two pounds of flour; put it into a large bowl; rub finely into it six ounces of sugar and five ounces of butter;

cream an ounce and a half of German yeast with half a teaspoonful of salt ; make one pint of milk just new milk warm ; strain the yeast into the centre of the flour, add the milk, knead well, set to rise in a warm place two hours ; divide it into six pieces ; clean and pick six ounces of currants ; roll out each piece of dough, sprinkle some currants over it, roll up like a roly-poly pudding ; cut slices off the end ; place them on a greased baking-tin ; set them to prove near the fire half an hour ; bake in a hot oven for ten minutes.

Beverage, An Excellent.

Put into a clean pan one gallon of water, one pound of sugar, half an ounce of hops, and one ounce of ginger roots ; boil these together two hours ; strain into a large pan, add about a pint of cold water to make up the gallon, as it will have reduced a little in boiling ; when it is about new-milk warm put into it two tablespoonfuls of fresh brewer's yeast ; allow it to ferment twelve hours ; remove the yeast from the top, and put it into strong bottles ; tie in the corks tightly. It will then be effervescing and ready for use in twenty-four hours.

Birds' Nests.

Take two fresh eggs ; boil them ten minutes ; put them into cold water ; remove the shells. Put into a basin three tablespoonfuls of bread crumbs, a very little salt and pepper, half an ounce of butter, a tablespoonful of parsley, picked, washed, dried, and finely chopped, the rind of half a lemon grated ; bind these all together with the yolk of an egg ; cover the eggs well with this ; press well with the hand until it is quite firm all round, then brush them over with a beaten egg ; toss well in bread crumbs. Have ready a pan of clarified fat on the fire ; when it is quite hot and a blue steam is seen to be rising from it, put in the eggs and

fry them a golden colour. These may then be cut in half and placed end to end in the centre of a dish of English salad.

Blackberry Jelly.

Take four quarts of blackberries, freshly picked and dry. Put them into a preserving-pan with one quart of water; boil gently for one hour. Pour the whole into a coarse calico jelly bag, fixed between two chairs; let the juice run through. Do not squeeze it, or its clearness will be spoiled. Towards the last, a little pressure may be used, but the juice so expressed must not be mixed with the rest, but may be made into a jelly for immediate consumption. To each pint of the juice allow three-quarters of a pound of the best and purest sugar. Boil the juice and sugar together, stirring gently with a wooden spoon. As the scum rises remove it, and when it has ceased to rise, increase the heat, and boil as fast as possible, still stirring, to prevent catching on the bottom of the pan. It is impossible to say exactly how long the jelly must be boiled. A certain amount of water must be evaporated, or it will not stiffen or keep. This depends upon the kind of pan that is used; a broad, shallow pan is decidedly the best. Take a little up on a cold plate and cool it; if it shows a moderate degree of stiffness, it is done, and should be poured into small pots and tied up at once.

Boiled Fish.

There are different rules for the boiling of fish. Salmon is the only whole fish that should be put on in *boiling* water; all other fish to be cooked whole should be put into cold water (except mackerel, which must be put into tepid) and the water salted equal to sea water. In cooking soft fleshed fish, as haddock or whiting, a little acid in the water helps

to make the flesh firm ; about a tablespoonful of vinegar should be added before the fish is put in.

All fish that is cut should be taken from the cold water in which it has been washed, and plunged into boiling water : this seals up the albumen, and so keeps in the goodness of the fish.

In boiling a flat fish, place the black skin downwards in the fish kettle ; make two incisions in the black skin before putting it in ; this will prevent the white skin bursting. If this is not done, the fish so expands in cooking that the white skin will burst, and so spoil the appearance. If there is no fish kettle with the plunging drainer, it is better to wrap the fish in a single layer of coarse toweling, so that it may be easily lifted out after it is cooked.

For boiling small fresh-water fish always put them into *cold* water, and as soon as it comes to boiling-point take out the fish. In this way small fish may be prevented breaking in the fish kettle while cooking.

Boiled Leeks.

Cut the leeks all the same length ; remove most of the green part, trim them, wash them ; tie them up in a bundle, drop them into boiling salt and water for five minutes, lift them from the pan and place them in another containing boiling milk, and one lump of sugar ; stew till tender ; dish on toast ; thicken the milk with flour ; season and pour it over the leeks in a vegetable dish.

Bran Tea.

Put three tablespoonfuls of fine bran into a jug ; pour over it one quart of boiling water ; cover the jug and allow it to stand fifteen minutes ; strain ; sweeten with honey or sugar, and flavour with the juice of a lemon.

Note.—This is an invaluable drink for softening the throat.

Bread, Brown.

Brown bread may be made with yeast if preferred, but the following recipe is highly approved of by those who have tried it. Put into a bowl two and a half pounds of brown flour, one teaspoonful of carbonate of soda, two teaspoonfuls of cream of tartar, one teaspoonful of salt ; mix all well together with the tips of the fingers ; rub finely in two ounces of dripping ; make to a nice dough with buttermilk ; knead slightly ; place quickly in greased tins and bake in a hot oven.

Bread, Household.

Take three pounds and a half of flour, and one ounce of German yeast. Put the yeast and a teaspoonful of sugar into a basin, and cream them together with a wooden spoon till liquid ; add one pint and a half of tepid water. Put the flour into a large basin, make a well in the middle, and strain the yeast and water into it. Work in a little flour from the sides, and set it down to rise. This is called "setting the sponge." When it has stood for twenty minutes the surface will be covered with bubbles ; take it up, and work all the flour in with your hand. When it is smooth cover it up, and set to rise for two hours. After that time take it up, and knead it on a floured board for a quarter of an hour. This quantity will make two half quartern loaves. Divide the dough, make it into smooth balls without any cracks. If the bread is to be baked in tins flour them, put in the dough, cut or prick the top, and set to rise for half an hour. For cottage loaves, divide each piece again in two, one rather larger than the other ; make each into a ball, put the small one on the top of the large, and press the forefinger into the middle of the top. Put the bread into a hot oven (280°) for a quarter of an hour and then remove it to a cooler part

(220°) for an hour and a half. When done place it on its side to cool.

Note.—A teaspoonful of salt should be well mixed in after the bread has risen. It is said to rise more quickly without salt. It must be set to rise in a warm place.

Bread Sauce.

Put two ounces of bread crumbs into a basin ; six peppercorns, a salt spoonful of salt, one onion prepared, half a pint of boiling milk, two tablespoonfuls of white stock ; soak them half an hour ; put all into a saucepan with one ounce of butter ; simmer very slowly ten minutes ; remove the onion and peppercorns, and serve in a sauce tureen with roast fowl.

Bread Soup.

Take a quarter of a pound of scraps of bread ; put them into a pan with three pints of cold water, one ounce of dripping, half a teaspoonful of salt, a quarter of a teaspoonful of pepper, and half the quantity of grated nutmeg ; simmer all slowly one hour and a half ; remove it from the fire ; rub it quite smooth ; add one ounce of grated cheese ; pour it slowly into the tureen on to the yolks of two eggs well beaten, stirring carefully all the time.

Bread, Vienna.

Take one pound of household flour and one pound of Vienna flour ; put them into a bowl and mix them well together ; melt two ounces of butter in one pint of milk ; cream one ounce of German yeast with a teaspoonful of fine sugar ; strain it in the centre of the flour, then add the milk and butter, just warm, also two well beaten eggs ; beat the batter vigorously with the hand for half an hour, till air

bubbles appear ; place it near the fire two or three hours ; when it is well risen form it into twists, rolls, and horse-shoes ; set to prove fifteen minutes ; bake in a hot oven ; when nearly done brush over with the white of an egg.

Browning.

Take an old iron pan, make it quite hot, rub it over with a little dripping, then put into it half a pound of brown sugar ; stir it over the fire with an iron spoon until it is all melted and a dark brown liquid ; remove it from the fire and allow it to cool fifteen minutes, then pour into it half a pint of boiling water ; return it to the fire and stir carefully till quite smooth ; when it is cool pour it into a bottle and cork it tightly.

Brown Sago Soup.

To make four quarts. Put into water odds and ends of bones—beef bones, or other, or the gravy from under dripping. When boiling add a little of every kind of flavouring vegetable, including celery or celery seed, marjoram, bay leaf, &c. ; boil slowly for five hours ; strain ; take half a pound of sago (which takes longer to cook than tapioca), boil it in the strained stock for an hour at least ; season with pepper and salt to taste. Serve hot.

Brown Sauce for Steaks, Cutlets, &c.

Melt in a pan two ounces of butter ; brown in it a piece of turnip, carrot, celery, and onion. When this is done stir in a tablespoonful of flour and three-quarters of a pint of good stock ; stir carefully to boiling ; add a saltspoonful of salt and half as much pepper, a tablespoonful of ketchup and browning. Strain the sauce into a gravy-boat for use.

Brown Soup.

Take three pounds of shin of beef, cut it up, break up the bone, remove the marrow from it ; melt one ounce of butter in a pan with the marrow ; when it is quite hot put in the meat and bone ; brown them well, also a piece of turnip, carrot, celery, and onion ; cut up into small pieces, then add three quarts of cold water ; bring quickly to the boil ; throw in half a teaspoonful of salt, twelve cloves, and twenty peppercorns ; simmer slowly five hours ; strain ; return it to the pan ; break a tablespoonful of rice-flour with a tablespoonful of ketchup and Harvey's sauce ; pour it into the soup ; boil five minutes, and if needful add a spoonful of browning ; remove every particle of fat from the surface, and if possible always prepare the stock a day before it is wanted for use, as the fat is much easier to remove when the stock is cold.

Buns.

Put into a bowl a pound and a quarter of flour ; cream one ounce of German yeast with a teaspoonful of sugar ; make a pint of milk just new milk warm ; strain the yeast into the flour, add the milk, beat well ten minutes, cover with a cloth, set to rise in a warm place one hour. Put into a separate bowl three-quarters of a pound of flour ; rub finely into it a quarter of a pound of butter, a quarter of a pound of sugar, two ounces of candied peel, finely cut up, a quarter of a pound of sultanas carefully picked ; mix these well together, then drop in two eggs. When the mixture in the first bowl is well risen, mix the contents of the two bowls well together ; beat it with the hand twenty minutes ; set it to rise again an hour, then form it into oblong buns ; place them on a greased baking tin to prove ten minutes. Bake in a quick oven ten minutes ; when nearly done brush over with egg and sugar and return them to the oven to brown.

Butter Biscuits.

Place in a bowl half a pound of flour ; rub finely into it six ounces of butter. Take a quarter of a pound of arrowroot and a quarter of a pound of corn flour ; pass them through a hair sieve, mix them well with the flour and butter, then add just enough milk to form an elastic dough ; turn it out of the basin in one lump ; place it on a floured board ; knead it slightly ; roll to about half an inch in thickness ; cut into rounds, prick and bake.

Cabbage, Boiled.

Place the cabbage in plenty of cold water, with a little vinegar in it—a dessert spoonful of vinegar to a quart of water—for about an hour ; then remove it into more fresh water. Examine it carefully between every leaf ; see there are no insects or eggs left. Wash it thoroughly well ; then place it in a saucepan of boiling water—there must be plenty of water to cover the cabbage well. Put into the water a tablespoonful of salt and a tiny piece of washing soda, the size of a pea ; boil very quickly without a lid, until the stalk end of the cabbage is soft, from half to three quarters of an hour. Place it in a colander, and press out as much water as possible. Serve in a hot vegetable dish, cut in quarters.

Cabbage Soup.

Take a freshly-cut cabbage ; wash it carefully between every leaf. Place it in plenty of cold water, with a little vinegar in it, half an hour ; then cut it into thin shreds, and pour over them boiling water to scald them and draw out the greenness ; allow them to stand ten minutes ; throw away the water. Put the cabbage into a clean pan with two quarts of nearly boiling water, or stock one ounce of

dripping, half a teaspoonful of salt, a quarter of a teaspoonful of pepper, and two large potatoes parboiled (*see* Potato Soup note). Boil all quickly for half an hour; remove the pan to the side of the fire, and simmer slowly for an hour and a half longer; rub the vegetables smooth. Pour it into the tureen on to one ounce of grated cheese.

Cake, Adelaide.

Beat one pound of butter to a cream, add to it one pound of fine sugar. Pass a pound and a quarter of fine flour through a hair sieve; beat well nine eggs; add a little egg and flour alternately to the creamed butter and sugar, until all are well mixed. Then beat in one pound of well-cleansed currants very quickly. Pour it into a greased tin, and bake three hours.

Note.—For the first twenty minutes put it into a hot part of the oven, then remove it to a cooler part to bake slowly.

Cake, American Tea.

Put into a bowl one pound of flour, half a teaspoonful of carbonate of soda, half a teaspoonful of cream of tartar, and a pinch of salt; mix them well together. Rub in finely two ounces of butter; mix to an elastic dough with milk; form into tea cakes. Bake on a greased tin fifteen minutes in a hot oven.

Cake, C. B.

Beat half a pound of butter to a cream; add to it half a pound of fine sugar. Next beat in ten ounces of flour and five eggs, adding an egg and a handful of flour alternately, beating well between each one. Next add one ounce of pistachio nuts, and three ounces of almonds blanched and chopped, a quarter of a pound of sultanas carefully picked,

a quarter of a pound of dried cherries, three ounces of candied peel cut up finely, the rind of one lemon, and half a nutmeg grated, and lastly, a teaspoonful of baking powder. Mix well. Pour quickly into a well-greased tin and bake at once.

Cake, Excellent Currant.

Beat half a pound of butter to a cream ; add to it half a pound of fine sugar, ten ounces of flour, and five eggs, dropped in one at a time with a handful of flour. Beat well with a wooden spoon after each egg and handful of flour. Then add to them six ounces of currants, cleaned and picked, two ounces of candied-peel cut into small pieces, and one teaspoonful of baking powder. Mix quickly. Pour into a well-greased tin ; bake one hour and a half.

Cake, Genoa.

Place in a bowl eight ounces of butter ; beat it to a cream. Add to it half a pound of fine sugar ; pass ten ounces of flour through a sieve ; blanch, chop and pound three ounces of almonds, also one ounce of pistachio nuts. Carefully pick half a pound of sultanas ; grate the rind of one lemon into the bowl to the creamed butter and sugar. Take five eggs, drop them in one at a time with a handful of flour, beating well between each egg and handful of flour, until all are in ; beat well. Add, lastly, the fruit, almonds, pistachio nuts and a teaspoonful of baking powder. Have a shallow tin lined with greased paper ; pour the cake quickly into it ; bake in a moderate oven an hour and a half. Take it out of the tin and place it on a sieve till cold.

Cake, German Pound.

Cream eight ounces of butter, with eight ounces of fine sugar. Add by tablespoonfuls ten ounces of flour, beaten in with four eggs, dropping in one at a time, the grated rind

of one lemon, a quarter of a pound of sultanas cut up, also two ounces of candied peel. Just at the last put in half a teaspoonful of baking powder; pour it quickly into a well-greased tin, and bake two hours.

Cake, Ginger.

Melt half a pound of treacle with half a pound of lard. Mix in a basin one pound of flour, half an ounce of ground ginger, a quarter of an ounce of ground cinnamon, a quarter of a pound of sugar, half a teaspoonful of carbonate of soda and two well-beaten eggs. When the treacle and lard are cool pour them in and use half a cup of water to mix it. Pour into a well-greased tin, and bake in a slow oven two hours.

Cake, Irene.

Put into a basin one quarter of a pound of corn-flour, two ounces of fine sugar, the rind of one lemon finely chopped, half a teaspoonful of baking powder; mix well together. Cream three ounces of butter; add to it a little of the above; then add a well beaten egg, then the rest of the flour. Beat all well together. Drop a teaspoonful into greased patty-pans; bake five minutes.

Cake, Jelly.

Place in a basin two teacups of flour, and rub finely into it two ounces of butter and a teaspoonful of baking powder. Cream the yolks of three eggs with three ounces of fine sugar; whip up the whites to a stiff froth on a dry plate with a pinch of salt, using a broad-pointed knife. Mix the flour, butter, baking powder, eggs and sugar together with about half a teacup of milk, and lastly, the whites very lightly stirred in. Spread the mixture over two flat well-greased tins of equal sizes; bake in a hot oven twenty minutes. Turn it out

upon a sheet of paper with sugar sifted over it ; spread some jam between, and place one slice on the top of the other. Dredge over some sugar and serve.

Note.—It should be placed on a sieve when taken from the oven, to allow the steam to escape.

Cake, Madeira.

Take four ounces of flour ; rub finely into it two ounces of butter, and two ounces of fine sugar ; bind together with two well-beaten eggs. Just at the last mix in half a teaspoonful of baking powder ; pour quickly into a well-greased tin, and bake one hour.

Cake, Plain Luncheon.

Put into a basin three cups of patent flour ; rub finely into it two ounces of butter, one cup of sugar, half a cup of currants ; mix with an egg well beaten and a little milk. Bake in a flat tin about three inches deep.

Cake, Plain Currant.

Rub a quarter of a pound of dripping into a pound of flour, a quarter of a pound of sugar, half a teaspoonful of grated nutmeg, one teaspoonful of baking powder, a quarter of a pound of currants, lastly, mix well. Add one egg, well beaten, and just enough milk to make a stiff dough. Pour quickly into a well-greased tin, and bake one hour and a quarter.

Cakes, Rock.

Put into a basin one pound of flour, a teaspoonful of baking powder, a pinch of salt, and mix them well together ; then rub in finely a quarter of a pound of lard, butter or dripping,

a quarter of a pound of sugar, a quarter of a teaspoonful of grated nutmeg, one ounce of candied peel finely cut up, a quarter of a pound of well cleansed currants. Beat up an egg ; pour it in the centre of the flour ; then add just enough milk to form a very stiff paste. Place it with two forks upon a greased baking-tin in small cakes all of one size, leaving them rocky ; bake in a hot oven fifteen minutes. Lift them at once on to a sieve, so that the air may pass all round.

Cake, Seed.

Rub very finely three ounces of butter and three ounces of lard, into three quarters of a pound of flour ; next add half a pound of sugar, one tablespoonful of carraway seeds, two ounce of candied peel finely cut up, and lastly, one teaspoonful of baking powder ; mix all well together. Grease a baking tin thoroughly well ; make a hole in the centre of the flour, and pour in three well-beaten eggs and just enough milk to make a stiff paste, so that the spoon will stand upright in it. Pour the mixture quickly into the tin, and bake in a good oven an hour and a half.

Note.—After the first fifteen minutes the cake should be removed to a cooler part of the oven.

Cake, Family Seed.

Put into a bowl three quarters of a pound of flour, six ounces of butter ; rub them very finely together with the tips of the fingers until they look like bread-crumbs. Then add a teaspoonful of baking powder, a tablespoonful of carraway seeds, half a pound of sugar, two ounces of candied peel finely cut up ; mix them all well together. Make into a stiff paste with three well-beaten eggs and about a quarter of a pint of milk. Pour the cake into a well-greased tin, and bake in a moderate oven one hour and a quarter.

Cake, Plain Seed.

Put into a bowl one pound of flour, one teaspoonful of baking powder, a pinch of salt ; mix them well together. Rub in very finely a quarter of a pound of lard, butter or dripping, a quarter of a pound of sugar, a tablespoonful of carraway seeds, a quarter of a teaspoonful of grated nutmeg ; make a well in the centre ; pour into it a well-beaten egg and just enough milk to make a stiff batter. Pour it into a well-greased tin, and bake for the first ten minutes in a very hot part of the oven. Then remove it to a cooler part for one hour and a quarter.

Cake, Rich Seed.

Put into a bowl half a pound of flour, half a pound of rice flour and a teaspoonful of baking powder ; mix them well together. Then rub in finely half a pound of butter, ten ounces of sugar, two teaspoonfuls of carraway seeds, a quarter of a pound of candied peel finely cut up ; beat up three eggs, and pour them in the centre of the flour, with just enough milk to make a stiff paste, so that the spoon will stand upright in it. Have ready a well-greased tin ; pour the cake into it, and bake it two hours in a good oven.

Note.—A wooden spoon is best for mixing cakes.

Cake, Shrewsbury.

Beat a quarter of a pound of butter to a cream ; then add a quarter of a pound of sugar, one egg, and a teaspoonful of grated lemon rind. Beat all well together, and then stir in eight ounces of flour smoothly. Flour a board and turn the paste on to it ; roll it out as thin as possible, and cut it into rounds with a cutter or a floured wine-glass. Put them on a greased baking-tin in the oven to bake for twenty minutes, when they will be ready for use.

Cake, Snow.

Cream one and a half ounces of butter with three ounces of castor sugar. Rub a quarter of a pound of corn-flour through a sieve ; mix with it half a teaspoonful of baking powder. Break two eggs into a basin ; beat them well together ; add the flour and a little of the egg alternately ; beat till well mixed. Pour into a well-greased tin, and bake for a few minutes in a hot part of the oven ; then remove it to a cooler part and bake for twenty minutes.

Cake, Spice.

Cream a cup of butter with two cups of sugar ; add to it the yolks of three eggs well beaten, one teacup of milk. Put into a separate basin three cups of flour, and *mix well* with it two teaspoonfuls of mixed spice, one teaspoonful of cream of tartar, half a teaspoonful of carbonate of soda. Add the contents of the last basin to the first, and pour quickly into a well-greased tin and bake. Fruit or seeds may be added if desired.

Cake, Sponge.

Take four eggs with their weight in sugar, and the weight of two eggs in flour ; put the sugar into a basin ; break on to it the yolks of the eggs ; stir them one way with a wooden spoon ten minutes. Put the whites upon a clean dry plate ; add to them a tiny pinch of salt, and with a clean dry knife whip them to a stiff froth. Mix very lightly the beaten whites and flour alternately into the creamed yolks and sugar ; pour quickly into a well-greased tin, and bake in a moderate oven thirty-five minutes.

Note.—The tin should be well greased, and a little flour and fine sugar sifted over it.

Cake, Plum.

Take three quarters of a pound of butter ; work it to a cream with the hand, one pound of moist sugar, a quarter of a pound of treacle ; beat them altogether in a bowl. Then add six eggs one by one ; beat well together between each. Then take a quarter of a pint of new warm milk ; mix all these well together. Then add two pounds of currants, half a pound of candied lemon peel, two ounces of sweet almonds, one pound and a half of flour, and stir very carefully (if too much stirred after the flour is put in it will be heavy). Bake in a slow oven at least four hours.

Cake, Pound.

One pound of flour, one pound of sugar, one pound of butter, one pound of currants, quarter of a pound of lemon peel, eight eggs ; beat the butter to a cream with the hand. Then add the sugar ; then the eggs by degrees (they having been previously well beaten), after which beat all well together. Then mix in the flour, currants, and lemon peel, just at the last. Then pour quickly into a well-greased tin, and bake in a moderate oven two hours.

Note.—The currants may be left out if preferred.

Cake, Soda.

Put into a basin two pounds of flour, half a pound of butter, quarter of a pound of lard ; rub them finely together. Then add one pound of sugar, quarter of a pound of lemon peel, the juice of one lemon, a large tablespoonful of cinnamon, two teaspoonfuls of carbonate of soda ; mix all carefully together. Then add a pound and a half of currants, four well beaten eggs, and one pint of milk.

Calf's Head, Boiled.

Wash the calf's head thoroughly well. Remove the brains, wash them in two or three waters ; remove any skin and fibres which hang about them ; lay them in cold water and salt to soak one hour. Then put them into a saucepan of water to which a tablespoonful of vinegar has been added ; take off any scum that rises ; boil them twenty minutes ; chop them slightly. Add the juice of half a lemon, a tablespoonful of finely chopped sage and parsley, a little salt and pepper, and half an ounce of butter. Put the head into boiling water for ten minutes to blanch it ; remove it into fresh water—there must be enough to cover it ; simmer slowly till done, being careful to remove any scum that rises. When done remove the tongue ; trim, and skin it ; place it on a hot dish with the brains round it ; put the head on to a hot dish ; sprinkle over it some browned bread crumbs, or parsley sauce may be poured over it. Send a piece of boiled bacon or pickled pork to table with it.

Note.—The stock in which the head has been boiled should be kept ; it is very useful for soup, &c.

Calf's Head, Mould.

Take any pieces of calf's head, cut them into neat slices ; wet a plain mould well, and lay in it neatly some slices of hard-boiled egg, and chopped parsley. Lay in lightly the pieces of calf's head ; a few pieces of ham or tongue is an improvement. Pour in some good stock made from the calf's head, and flavoured with vegetables, &c. When cold, turn out of the mould and it will be a stiff jelly.

Calf's Head, Roasted.

Wash a calf's head ; remove tongue and brains. Put the head into a pan of boiling water and simmer threequarters of an hour ; remove it from the pan, and fill it with good

veal forcemeat made thus. Chop very finely one pound of lean veal ; pound it in a mortar ; mix with it five ounces of bread crumbs, two ounces of butter, a little salt, pepper and nutmeg ; bind together with the yolks of two eggs. Sew up the head, or bind it with broad tape to keep in the stuffing, and put it down before a good clear fire to roast. Baste it constantly ; roast about two hours ; serve with good gravy, flavoured with a few drops of lemon juice. Boil the tongue and brains ; serve them on a separate dish ; the tongue in the centre, brains chopped up and placed round it ; also a few rashers of bacon, and serve hot.

Calf's Head Soup.

Take half a calf's head quite fresh ; wash it well. Take out the brains ; these may be used for brain cakes ; they are not needed for the soup. Bone the head, beginning at the nostrils, and cutting closely to the bone. Remove the nostrils ; roll up the head ; bind tightly with broad tape ; put it into a saucepan with the bones, and two pounds of knuckle of veal cut in small pieces ; cover them with cold water ; place it on the fire. When it comes to the boil throw in a teaspoonful of salt—this causes the scum to rise ; remove it carefully. Add a piece of every kind of flavouring vegetable, six cloves, twenty peppercorns, a blade of mace, a sprig of parsley and thyme. Let it cook gently three hours ; then remove the head and strain off the soup ; cover the bones and vegetables again with cold water ; allow them to simmer six hours, and each stock will be a stiff jelly when cold. Remove any fat by an iron spoon dipped into hot water ; then pass a cloth over the surface, which has also been dipped in hot water. Put all into a saucepan with the juice of one lemon, one lump of sugar, the whites and shells of two eggs ; whisk well until it froths, somewhat resembling soap suds ; let it boil up twice. then draw it to the side and allow it to

stand twenty minutes. Strain through a clean cloth. Cut some pieces from the calf's head about an inch and a half square, drop them into the soup.

Cannelons.

Make some puff pastry ; roll it out very thin ; cut it into pieces two inches wide and six inches long. Place a tea-spoonful of jam on each piece ; fold it over twice ; press the edges firmly together with white of egg. Have ready a pan of hot clarified fat. When a blue steam is seen to be rising from it, drop in the cannelons, and fry them a golden colour.

Caper Sauce.

Put in a saucepan one ounce of butter ; when it is melted stir into it half an ounce of flour ; then add a quarter of a pint of milk and a quarter of a pint of stock in which mutton has been boiled. Stir carefully to boiling. Put in a salt-spoonful of salt, and half the quantity of pepper ; boil two minutes ; drop in the capers. Remove the pan from the fire and serve at once.

Case à la Financière.

Take two cups of rice ; wash it ; put it into a pan with two pints of white stock, well flavoured. When it is quite soft and thick put it into a round shape and press firmly with a heavy weight ; when quite cold, remove it from the mould and roll it in a beaten egg ; toss it well in breadcrumbs ; leave it to stand twenty minutes ; then egg and breadcrumb it again. Have ready a pan of hot fat. When the blue steam is seen to be rising from it put in the rice ; case and fry it a golden colour. Take four lambs' sweetbreads ; wash them ; lay them in warm water for ten minutes ; put

them into boiling water ; cook slowly ten minutes ; then plunge them into cold water to blanch them. Tear them into neat pieces with two silver forks ; toss each piece in a beaten egg ; cover well with breadcrumbs. Make two ounces of butter hot in a frying-pan ; fry the sweetbreads in it a nice brown. Prepare a good sauce as follows :—Melt in a saucepan one ounce of butter ; stir into it one ounce of flour. Then add half a pint of stock, the juice from a tin of mushrooms, a little salt and pepper ; stir it to boiling ; let it boil without a lid five minutes. Then add twenty button mushrooms, a tablespoonful of truffles, and the fried sweetbreads ; simmer ten minutes. Cut the top off the rice case, and scoop out the centre ; pour the sweetbreads, truffles, and gravy into it. Serve hot.

Castle Cream.

Melt a quarter of an ounce of gelatine in a quarter of a pint of milk ; do not allow it to boil, or it will curdle. Make a custard with the yolks of three eggs and half a pint of milk ; pour the boiling milk over the beaten yolks ; stir carefully till thick. Allow it to cool ; then add it to the melted gelatine, which must also be cool. Wet a china mould ; ornament it with dried cherries cut in halves ; pour in a little of the custard, then some small squares of sponge cake, soaked in orange juice ; more fruit and cake till the mould is full ; pour in enough custard to fill the mould. Set aside to get cold ; turn out on a crystal dish ; ornament with dried fruit or red currant jelly.

Cauliflower au Gratin.

Take a boiled cauliflower ; then put into a saucepan one ounce of butter, and half an ounce of flour. Melt butter, beat flour in, quite smooth ; add a quarter of a pint of cold

water, a little pepper, salt, two tablespoonfuls of cream. Grate two ounces of Parmesan cheese ; stir till it boils. Remove it from the fire ; put in half of the cheese ; place cauliflower on dish flower upwards. Pour this sauce over, smooth it ; sprinkle rest of cheese over. Place in a quick oven to brown, or use salamander. Serve quickly.

Charlotte Russe.

Take a round cake tin, half a pound of finger biscuits, half a pint of cream ; sugar and flavouring to taste. Put one ounce of gelatine into half a pint of milk to melt ; do not allow it to get very hot, or it will curdle. Whip up the cream stiffly ; add a tablespoonful of sugar, and eight drops of almond flavouring. Place the biscuits tightly and evenly round the mould, and decorate the bottom with dried cherries and angelica. When the melted gelatine is cool, add it to the cream and pour it in the centre of the mould. Set it aside in a cool place to stiffen.

Chaud-Froid of Chicken.

This dish requires two days for its preparation. Take a young fowl ; clean, and wash it well. Plunge it into boiling water ; allow it to cook slowly until it can be readily pierced with a skewer ; then remove it from the pan, and leave it all night to become thoroughly cold. Prepare a good Béchamel sauce (*see* BÉCHAMEL SAUCE). When the fowl is cold cut it up into neat joints, beginning at the wings and breast ; trim all the joints so as to look neatly ; take off the skin ; cover each joint well with the sauce ; place them on a sieve for twenty minutes ; if needful, a second coating of sauce may be given. When each piece of fowl is well covered with the smooth white sauce, and becomes firm, arrange them tastily in the centre of a glass dish, and salad

round the outer edges. Garnish with cress, mustard, and chopped aspic jelly. Fresh sprigs of parsley may be also chopped and sprinkled over.

Note.—A delicious entrée may be made in this way with any remains of cold turkey.

Cheese Fritters.

Put into a saucepan two ounces of butter. When it is melted, cook in it three ounces of flour; add half a pint of water; stir carefully to boiling. Boil about two minutes till it leaves the pan sides clean, stirring briskly all the time; remove the pan from the fire; drop in three eggs (not beaten); beat well between each one. Next add three ounces of grated cheese a pinch of cayenne pepper and salt. Take two teaspoons, dip them into hot water; shape the fritters with them; drop them into boiling fat. Fry a pale brown.

Note.—The blue steam should be rising from the fat before the fritters are dropped in, and they will rise to double the size.

Cheese Pastry.

Cover a flat baking tin with puff pastry, and spread it all over with cheese mixture prepared as follows:—Put into a basin one ounce of butter, a very little salt, cayenne pepper, two ounces of grated cheese and the yolks of two eggs. Work these well together with a wooden spoon until perfectly smooth; then mix in very lightly the white of one egg, which must have been whipped up to a stiff froth; cover the top with another layer of pastry; mark it in strips with a knife. Bake in a hot oven ten minutes.

Cheese Straws.

Put in a basin two ounces of flour, two ounces of butter, three ounces of grated cheese, a few grains of cayenne pepper, salt, and one egg; mix all well together. Turn it out

on a floured board, and roll it out to about a quarter of an inch in thickness; cut some strips about two inches in length and a quarter of an inch in width, also some rounds and rings with a smaller cutter. Bake on a greased tin to a golden colour; place the strips in the rounds like bundles of sticks.

Chicken Cream.

Take six ounces from the breast of a fowl; cut up and pound it in a mortar; then pass it through a hair sieve. Put into a basin two ounces of bread crumbs, one ounce of butter, a blade of mace, a pinch of salt, a little cayenne pepper; the rind of half a lemon grated. Pour upon these a quarter of a pint of boiling milk. When this is cool add to it the chicken, also a quarter of a pint of whipped cream, the whites of two eggs beaten up stiffly; pour all into a well-greased mould and steam thirty-five minutes. Serve with a good white sauce made with cream; garnish with tufts of green peas, asparagus, mushroom, or truffles.

Chicken Croquettes.

Take some pieces of cold cooked chicken; chop them up very finely; also two or three mushrooms. Melt in a saucepan one ounce of butter, cook in it one ounce of flour, pour in a quarter of a pint of stock; stir carefully to boiling. Then add two tablespoonfuls of cream or milk, flavour with a very little nutmeg, season with pepper and salt; stir it briskly for two minutes, to cook the panada; remove the pan from the fire; stir in the chicken and mushrooms; pour out to cool on a plate. When quite cold form into balls or a pear shape; roll in a beaten egg; toss well in bread crumbs; fry in boiling fat. The blue steam must rise from the fat before putting in the croquettes, or they will be a greasy mess instead of a crisp golden colour; also there must be plenty of fat to cover them.

Chicken Broth.

Take the bones of a chicken ; put them into a pan ; cover them with *cold* water. Add half a teaspoonful of salt, a quarter of a teaspoonful of white pepper. Simmer in a clean pan very slowly four hours ; strain. Remove any fat from the top and serve.

Chicken Kromesbies.

Take some nice fillets of meat from a fowl ; cut some very thin slices of cooked fat bacon ; roll a piece of chicken in the bacon, in the shape of a cork. Make a batter thus :—Put a quarter of a pound of flour into a bowl ; make a hole in the centre, and pour into it a tablespoonful of salad oil. Pour over this slowly a quarter of a pint of warm water, beating it all the time, one way, with a wooden spoon, until it is quite smooth ; if possible, allow the batter to stand an hour before frying ; just at the last add lightly the whites of two eggs whipped to a stiff froth ; dip each little roll into the batter and then drop them into hot fat.

Note.—There must be plenty of fat and a *blue* steam rising from it before the kromesbies are put into it.

Chicken Panada.

Remove the breast from a chicken ; cut it up into small pieces. Place them in a jar with a little salt ; tie over the top a buttered paper, and place the jar in a pan of boiling water. Allow it to boil round the jar an hour and a half, then pound it and pass it through a sieve. Put it into a very clean pan with a little salt and pepper and a quarter of a pint of whipped cream. Stir it carefully one way until it thickens. Serve on a dish with sippets of toast cut into pretty shapes.

Chicken Pie.

Take a young chicken ; cut it up into neat joints. Place in a pie-dish a layer of chicken, then a layer of thin slices of ham and forcemeat balls, which should be about the size of a nut ; repeat this until the dish is full. Pour in some gravy made from the bones, giblets, and trimmings of the chicken. Cover the dish with flaky crust, and bake in a good oven one hour.

Note.—The forcemeat balls for the chicken pie are made as follows :—Pound together the cooked liver of the fowl, two ounces of tongue, two ounces of ham, the yolks of two hard-boiled eggs, and one ounce of butter. Form them into small balls with a little flour on the hand and arrange as above.

Chocolate Cake.

Grate half a pound of chocolate ; blanch and chop finely a quarter of a pound of almonds ; beat half a pound of butter to a cream ; add to it half a pound of fine sugar, the chocolate, almonds, the beaten yolks of six eggs, and eight drops of ratafia. Beat these all well together until they are thoroughly blended ; whip up the whites to a stiff froth on a clean dry plate with a broad-pointed knife, and a tiny pinch of salt. Mix them in very lightly just at the last, with a quarter of a pound of flour. Pour the cake into a well-greased tin, and bake in a moderate oven an hour and a half.

Clarified Fat.

Cut into small pieces any kind of fat cooked or uncooked ; put them into an iron pan ; cover them with cold water ; bring it slowly to the boil ; be very careful to remove the scum just at boiling-point. Boil it very quickly without a

lid until the water has all evaporated ; this may be known when the liquid has the appearance of salad oil. Remove it from the fire to cool before straining it, as the great heat of the fat is apt to melt the strainer. Pour it into a dish and set aside for use.

Note.—Fat clarified in this way will keep a very long time, and is the best medium we have for frying ; oil or lard may be used, but they are more extravagant, as they are so much more apt to burn. Clarified fat is also very useful in making cheap soups, as potato, pea, vegetable, &c., and may be used for pastry, cakes, and puddings.

Clear Soup.

Cut into small pieces two pounds and a half shin of beef ; put into a saucepan, with two quarts and a half of cold water, a piece of turnip, carrot, one onion stuck with cloves, twelve peppercorns, a piece of celery. Bring it slowly to the boil, then throw in half a teaspoonful of salt ; this will cause the scum to rise. Remove it carefully and allow it to simmer very slowly six hours with the lid tightly on ; strain it ; allow it to stand all night. Take off *every particle of fat* with an iron spoon dipped into hot water. Pass a clean towel over the surface, which must have been wrung out in hot water. Put the soup into a clean pan with the whites and shells of three eggs and a small piece of each vegetable used the first day. Whisk it over the fire till you get up a stiff froth ; remove the whisk ; let it boil up twice ; remove it from the fire ; allow it to stand quite still twenty minutes. Be careful not to break the filter formed on the top, which is the coagulated albumen, and it really clears the soup.

Turn up a chair. Tie over the legs a clean kitchen towel ; pass a little hot water through it. Then pour the soup through till clear.

Cocoa.

Mix a teaspoonful of cocoa with a little cold water ; pour over it a cup of boiling milk ; return it to the pan, stir to boiling, boil three minutes and serve. Add sugar to taste.

Cocoa-Nut Biscuits.

Put into a bowl half a pound of either prepared or grated cocoa-nut, a quarter of a pound of fine sugar, and a table-spoonful of flour ; mix these all well together. Then add very lightly the whites of three eggs beaten up to a stiff froth, on a clean dry plate ; drop it with two forks on to wafer paper, or a greased tin, in pieces the size of a walnut. Bake to a pale golden colour in a moderate oven.

Cocoa-Nut Sandwich Cake.

Beat three ounces of butter to a cream, with a quarter of a pound of fine sugar. Mix in a separate bowl a quarter of a pound of flour, a quarter of a teaspoonful of cream of tartar, a quarter of a teaspoonful of carbonate of soda well together ; add two well beaten eggs with the flour to the creamed butter and sugar alternately. Mix them well together ; pour into three buttered flat tins of equal sizes. Bake ten minutes in a hot oven. Beat up the whites of three eggs to a stiff froth on a clean dry plate with a broad-pointed knife. Add a teacupful of fine sugar ; spread some over each cake. Sprinkle a little grated cocoa-nut over and place one cake on the top of the other.

Coffee.

Allow one pint of boiling water to two dessertspoonfuls of coffee. The boiling water may be poured over the coffee, or the coffee put into the boiling water in a coffee-pot and

be allowed to come through the boil carefully three times. It must then stand a few minutes to clear; strain through a piece of muslin. Half fill the cup with coffee; then fill up with boiling milk. Add moist sugar to taste, and a tablespoonful of cream.

Coffee Cake.

Put into a bowl three cups of flour, half a teaspoonful of carbonate of soda, half a teaspoonful of cinnamon and the same of mixed spice; mix well. Rub finely into it two ounces of butter, three ounces of sugar, a quarter of a pound of currants, the same of raisins, and lastly, four well-beaten eggs, with just enough cold coffee to make a stiff paste. Pour into a well-greased tin. Bake two hours.

Cold Meat Croustades.

Cut some slices of stale bread about an inch and a half in thickness from a large loaf. Take a round cutter and cut the bread into rounds; then with a smaller cutter, cut them half through about half an inch from the outer edge. Have ready a pan of fat quite hot, and when a blue steam is seen to be rising from it put in the rounds of bread, and fry them a golden colour. Lift them from the fat on to a sheet of kitchen paper, and with a fork remove all the centre soft part from the bread, and fill them with the following meat, &c:—Mince very finely some cold meat; season it with pepper and salt; put it into a saucepan with a quarter of a pint of stock, a few drops of browning, ketchup and Harvey's sauce. Stir all over the fire until quite hot. Do not allow it to boil.

Note.—This makes a pretty dish for an *entrée*. You may make sweet croustades by filling them with jam or marmalade and serving them as a pudding.

Cold Meat Shape.

Chop up very finely one pound of cold meat; put it into a basin with half a teaspoonful of salt, a quarter of a teaspoonful of pepper, a tablespoonful of finely chopped parsley, the rind of one lemon grated; mix them all well together. Beat two eggs hard; cut them into rings; wet a basin and place them all round it; sprinkle a little parsley between; put the meat into it; pour over enough good stock to cover it. When it is cold it should set in a jelly; turn it out on to a dish and serve.

Compôte of Cherries.

Put on a pint of water with two ounces of sugar; boil a few minutes so as to make a kind of syrup. Have half a pound of cherries stoned; add them to the syrup; boil three to four minutes. Soak one ounce of gelatine for an hour before; put it on in a sieve. Add the white of one egg slightly whisked, stir till it comes to the boil, then put on one side. Add to the cherries a few drops of lemon juice. Turn out and take the white of an egg hard boiled cut in small pieces; put them in cold water to keep their colour till wanted to ornament mould. Strain the clarified gelatine through a little piece of muslin. Pour in cherries, if not sufficient juice from the cherries to colour add cochineal. Put the mould on ice with a little jelly in the bottom; drop in the pieces of egg so as to ornament it, allow this to set; then pour in the rest of preparation and let it cook. Turn out and serve.

Consommé à la Royale.

Beat up the yolks of two eggs with a tablespoonful of clear soup; pour it into a greased basin; cover the top and steam it twenty minutes. Cut it into squares; throw them into a soup tureen among clear soup, and serve hot.

Consommé of Fowl aux Quenelles.

Take a fowl, remove the breast and best parts for the quenelles, cut the rest of the fowl into small pieces, break up the largest bones, put them into a pan, cover them with cold water. Cut up finely two pounds of veal; place it in the pan with the fowl bones, also a piece of turnip, carrot, onion, celery, a blade of mace, twenty peppercorns, half a teaspoonful of salt, a quarter of a teaspoonful of pepper; simmer all slowly together five hours, with a tightly-fitting lid on the pan; strain it; allow it to stand all night. Remove every particle of fat from the surface. Put the stock into a clean pan with the whites and shells of two eggs. Whisk all over the fire until a stiff froth is formed on the top, and boiling-point reached. Remove the whisk; strain it through a clean towel. For the quenelles take six ounces of the breast of the chicken—if you have not quite the six ounces make up with a little veal; this must be minced, and then passed through a sieve; weigh it to see if you have the six ounces; add to this a little salt, pepper, grated lemon rind, nutmeg, and the yolk of one egg. Now prepare the panada by melting one ounce of butter in a saucepan, and cook in it one ounce of flour; stir well in a quarter of a pint of milk; cook this until it leaves the saucepan quite clean; then put in the meat; beat well together; pass through a sieve; form into nice little shapes with two teaspoons dipped into boiling water; pass from one into the other. When you have made as many as you require, place them in a sauté-pan; just cover with boiling water; place over them a greased paper, and allow them to cook slowly ten minutes. Drop them into the consommé—also a few green peas will be an improvement.

Consommé of Soles.

Take the bones and trimmings of a fish; boil them in white stock half an hour; skim it constantly. Strain it and allow it to get cold. Mix it with three pints of good white stock made from chicken, rabbit, or veal and ham, and well flavoured with vegetables. Remove every particle of fat, put all the stock into a clean pan with the whites and shells of three eggs. Whisk all over the fire until a stiff froth is formed on the top. Remove the whisk; boil up to the top of the pan twice. Allow it to stand perfectly still twenty minutes; pass it through a clean kitchen towel till clear. Serve hot with some neat flakes of sole in it, cooked separately.

Consommé Piquant.

Take three pounds of shin of beef; cut it into small pieces; break up the bone; remove the marrow from it, and set aside for marrow toast. Put the meat into a pan with four pints of cold water; bring it slowly to the boil; then throw in a teaspoonful of salt; this will cause the scum to rise; remove it carefully. Then add a piece of turnip, carrot, onion, celery, a bouquet garni; simmer slowly five hours; strain. Allow it to get cold; remove every particle of fat from the surface; put the stock into a clean pan with the whites and shells of two eggs, a quarter of a pound of lean beef, and a piece of every kind of vegetable used the first day, a teaspoonful of tarragon vinegar, a teaspoonful of white vinegar. Whisk all over the fire until a stiff froth is formed on the top; remove the whisk; boil it well up to the top of the pan twice. Put on the lid and leave it perfectly still twenty minutes. Tie a clean kitchen towel over the legs of a chair; pass some hot water through it, then strain the soup. Cut some slices of bread half an inch in thickness; out of these cut some rounds the size of a five-

shilling piece; cover both sides with grated parmesan cheese, seasoned with cayenne pepper. Lay them on a greased baking tin; put them into a hot oven to dry and brown through; place them on porous paper to drain a little; then put them into the soup tureen. Pour on to them the boiling soup and serve hot.

Note.—These rounds should be quite dry and browned slightly; they give the flavour of cheese and cayenne pepper and do *not* make the soup thick.

Corney Cream.

Put into a jug three pounds of brown sugar, pour over it six quarts of boiling water; allow it to cool a little, then add to it a quarter of a pound of tartaric acid, sixpenny-worth of essence of lemon, and the whisked whites of three eggs. Mix all well together; put into a bottle and cork tightly. For a drink, put a wineglassful into a tumbler, fill up with cold water; a very little carbonate of soda is an improvement.

Cornish Pasties.

Put into a basin one pound of flour; rub finely into it five ounces of lard, butter, or dripping; then add just enough cold water to make a damp paste. Form it into one lump with the tips of the fingers, leaving the sides of the basin clean; roll it out on a floured board to about a quarter of an inch in thickness. Take a basin or a round cutter, dip it in flour and cut the paste into rounds. Put into each round some cooked potato, cold meat, and cooked onion, all finely chopped and seasoned with pepper and salt. Wet round the edges; press them firmly together; brush them over with a beaten egg or a little milk; place them on a greased baking tin. Bake in a hot oven fifteen minutes.

Cranberry Tart.

Cook four tablespoonfuls of cranberries till soft with two apples chopped fine, the juice of a quarter of a lemon and sugar to taste ; when they are done, turn them out on a dish to cool. Line a flat dish with flaky crust ; put a double piece round the edge ; when the fruit is cool, pour it into the dish ; twist some bars of paste across ; brush over with sugar and water ; bake it in a good oven.

Cream, Chocolate.

Melt three-quarters of an ounce of gelatine in a quarter of a pint of milk by the fire ; do not allow it to boil or it will curdle. Put into another pan one ounce of chocolate and a quarter of a pint of milk ; melt it over the fire. Then add one tablespoonful of sugar and six drops of essence of vanilla. Strain the melted gelatine and chocolate into a bowl, and when nearly cold add to it half a pint of whipped cream ; stir carefully and pour it into a mould. When firm turn out on to a crystal dish.

(Another way.)

Put into a pan one ounce of gelatine, one ounce of chocolate, a tablespoonful of sugar, and half a pint of milk. Melt it very carefully ; do not allow it to get very hot. Strain it into a bowl, and when quite cool mix with it half a pint of whipped cream. Pour into a wetted mould and set aside to get cold.

Cream, Cocoa-Nut.

Put into a saucepan half an ounce of gelatine, two ounces of loaf sugar, a quarter of a pint of milk. Allow these to dissolve *slowly* (as the gelatine has power to curdle the milk) ; do not allow it to get very hot. When the gelatine

is melted, strain it into a basin to get quite cool ; then add to it half a pint of whipped cream, ten drops of ratafia, four tablespoonfuls of prepared cocoa-nut. Mix all well together ; pour into a wetted mould ; set aside to stiffen. When it is quite cold turn it out on to a crystal dish and serve.

Cream, Coffee.

Melt half an ounce of gelatine in a quarter of a pint of milk ; do not allow it to get too hot or it will curdle. Strain it, when melted, into a basin ; add six drops of vanilla, a tablespoonful of sugar, and a tablespoonful of good strong cold coffee. When quite cool mix it with a quarter of a pint of whipped cream ; pour into a wetted mould ; set aside to get cold and stiffen. Turn out on to a crystal dish and serve.

Cream, Sago.

Boil a tablespoonful of sago in half a pint of milk until it is transparent ; turn it out into a basin to cool. Beat up the yolk of an egg with two tablespoonfuls of cream, and a teaspoonful of sugar ; when the sago is quite cool, add it to the egg and cream. Beef-tea may be used instead of milk.

Cream, Stone.

Place in a clean pan half an ounce of gelatine, half a pint of milk or cream, two ounces of sugar, and the rind of one lemon, peeled very thinly. Stir constantly till melted ; do not allow it to boil, or it will curdle, and so spoil the whole thing. Take a glass dish and spread over the bottom some strawberry, plum, or apricot jam ; squeeze over it the juice of one lemon ; strain the melted gelatine into a basin. When it is quite cool, pour it over the jam ; allow it to set ; then heap upon it half a pint of whipped cream, so as to look rocky.

Cream of Whiting.

Pound half a pound of whiting with one tablespoonful of fish stock ; season it highly with lemon, cayenne pepper, salt, and a grating of nutmeg ; pass all this through a hair sieve. Mix with it a quarter of a pint of whipped cream. Put it into one large tin or several small zephyr tins well greased ; steam very slowly twenty minutes, with greased paper fitting tightly over the top. When done turn out and pour a good white sauce round ; garnish with fried parsley.

Cream, Strawberry.

Dissolve half an ounce of gelatine in half a pint of milk ; strain it into a basin to cool. Take two tablespoonfuls of jam or half a pint of fresh fruit ; pass it through a hair sieve. Whip a quarter of a pint of good cream up stiffly. When the gelatine is cool, mix it with the cream and fruit ; add sugar to taste, eight drops of vanilla, and a very little cochineal to give it a nice colour. Mix all well together ; pour it into a wetted mould ; set aside to get cold. Then turn out on a crystal dish and serve.

(Another way.)

Rub a basket of strawberries through a sieve, with a wooden spoon. Have one ounce of gelatine prepared (three-quarters of an ounce is enough in winter). When the cream is whipped add the strawberries to it—not it to them ; a few drops of lemon juice to send up the flavour ; stir in the gelatine ; add cochineal if necessary. Pour into mould ; cool and turn out.

Cream, Velvet.

Put one ounce of gelatine into a pan ; cover it with cold water. Add to it four ounces of loaf sugar, the juice of four good oranges, the rind and juice of two lemons. Stir care-

fully till the gelatine and sugar are melted. Strain it into a basin ; when it is quite cool add a pint of cream whipped up very stiffly. To whip the cream place it in a bowl, take a whisk, and whisk it until it becomes thick. When the whipped cream and gelatine are carefully mixed, pour them into a wetted mould ; set aside to become firm in a cool place. Turn out and serve.

Croquettes of Cold Meat.

Put into a basin a quarter of a pound of flour. Rub very finely into it two ounces of butter or lard ; make into a stiff paste with cold water ; form it into one lump with the tips of the fingers ; roll it out on a floured board ; cut it into rounds. Place in each round some cold meat finely cut up and seasoned with salt and pepper ; wet round the edges ; press them firmly together ; brush them over with a beaten egg, and bake in a hot oven.

Croquettes, Potato.

Take one pound of boiled potatoes ; pass them through a sieve into a basin. Mix with them one ounce of butter, a tablespoonful of finely chopped parsley, a quarter of a teaspoonful of pepper, a quarter of a teaspoonful of salt, and the yolk of an egg. Form into neat balls with a little flour on a board, hand and broad-pointed knife. Brush them over with a beaten egg, then toss them well in a sheet of paper containing bread-crumbs. Have ready a pan of fat quite hot, and enough to cover the croquettes ; when a *blue steam* is seen to be rising from the fat it is ready ; drop them in and fry them a golden colour ; they should be quite free from fat and crisp on the outside. Lift them on to a sheet of kitchen paper for a few minutes as they are done ; then serve them on a clean hot dish.

Crouquante of Oranges.

Take six tangerine oranges ; peel them very thinly ; put the peel into a pan with the juice of two of the oranges, a quarter of a pound of loaf sugar, and half an ounce of gelatine, with just enough water to cover them. Melt carefully ; strain it into a basin. Take half a pint of double cream ; whip it up stiffly. When the gelatine is cool add it to the cream.

Have some orange jelly (*see* ORANGE JELLY) ; pour a little into the bottom of a mould. When nearly set, arrange in a star shape some quarters from the remaining four oranges, and in the four spaces arrange some pistachio nuts blanched and cut in half. Take the remaining quarters from the oranges and dip them in jelly ; place them carefully round the sides of the mould. When they are set pour in the centre slowly the whipped cream and gelatine ; half should be poured in at a time ; then when that is firm the other half may be added. When quite cold turn it out of the mould and serve on a crystal dish.

Croûtons.

Cut some slices of bread half an inch in thickness ; remove the crust, and with a tin cutter, cut into round, oval, or square shapes. Have ready a pan of hot clarified fat. When a blue steam is seen to be rising from it, put in the croûtons ; fry them a pale brown. They are used for garnish.

Cumberland Pudding.

Place in a bowl six ounces of breadcrumbs, six ounces of sugar, six ounces of chopped apple, six ounces of finely chopped suet, half a nutmeg grated ; also the rind of one lemon. Mix these all well together ; then bind it with six well-beaten eggs. Pour it into a greased mould ; cover the

top either with a lid or some greased paper. Place the mould in a pan of boiling water, allowing the water to come half way up the sides of the mould. Take care to add more *boiling* water as it reduces, to prevent the pan boiling dry. Also there must be a tightly-fitting lid on the pan so as to keep in the steam.

Curry.

Take two apples ; peel them ; chop them up ; also two onions prepared (*see* ONIONS) and finely minced. Put into a saucepan one ounce of butter or dripping ; when it is quite hot put into it the minced apples and onions ; cook these all over the fire ten minutes ; the onions will brown, but the apples will not. Then add one tablespoonful of curry-powder, one tablespoonful of rice flour ; cook these raw material well together, as this is the foundation of all good curries. Then add half a pint of stock or water ; boil it up well and remove the scum as it rises ; flavour with the juice of half a lemon, a good pinch of salt and pepper. Pass all through a sieve. Put the curry into a clean pan and add to it the cold meat cut up ; stir over the fire till hot through, but do not allow it to boil.

Note.—Any cold meat may be curried except beef. Uncooked meat may be used, but it would need very slow cooking in the curry, and very finely mincing before being put into it. Curry should be a paler colour for fish than for meat.

Curry Cream.

Melt two ounces of butter in a pan ; stir into it two onions and two apples, peeled and chopped, also twenty-four green gooseberries or two sticks of rhubarb, a tablespoonful of curry powder, a blade of mace, twelve peppercorns, half a teaspoonful of salt, a little grated nutmeg. Cook these over the fire until the vegetables are soft ; pass as much as

possible through a hair sieve ; add to it the milk from a small cocoa-nut, also half the white part grated, the yolks of three eggs beaten and the white of one, half a pound of finely minced chicken, the juice of half a lemon and half a pint of whipped cream ; stir all well together ; pour into a greased mould ; cover the top with greased paper, and steam half an hour (*see STEAMING*, p. 75). Serve with boiled rice.

Curry of Prawns.

Melt in a saucepan two ounces of butter ; skin and scald an onion, chop it up finely ; put it into the pan with the butter. Peel an apple ; cut it up and add it also. Stir these over the fire in the butter ten minutes ; the onion will brown, but the apple will not. Next stir in a dessertspoonful of rice flour, the same of grated cocoa-nut, curry powder, and a saltspoonful of chutney, the juice of one lemon, a very little salt, and half a pint of stock. Stir these well over the fire till soft enough to pass through a sieve. Rub them through a wire sieve ; put the sauce into a clean pan with half a pint of whipped cream ; add twelve prawns shelled. Leave them seven minutes in the sauce. Place the prawns in the centre of a dish ; pour the sauce over ; garnish with twelve prawns in their shells. Rice must be served on a separate dish.

Custard of Macaroni.

Boil a quarter of a pound of macaroni till soft ; beat up the yolks of two eggs with a tablespoonful of sugar ; pour over them half a pint of boiling milk. Stir carefully till thick, do not allow it to boil. Grate three ounces of cheese. Cut up the macaroni into neat pieces ; put a layer into a dish ; pour over it a little custard ; sprinkle some grated cheese over this. Then add another layer of macaroni, custard, and cheese. Beat the whites to a stiff froth ; pile them on the top, and brown in the oven or before the fire.

Custard Sauce.

Place two well-beaten eggs in a bowl, with a tablespoonful of sugar, a little grated nutmeg ; pour over them three-quarters of a pint of boiling milk ; the bowl should then be put over a pan of boiling water and whisked till it is thick.

Cutlets à la Reform.

Take some nice-shaped cutlets from the back ribs ; scrape the bone quite clean about one inch from the top, and trim off all the fat ; toss each one in a beaten egg, with a little pepper and salt in it, then in a sheet of paper containing bread crumbs. Put two ounces of butter into a saucepan ; when the smoke rises from it, put in the cutlets and fry them a nice golden colour, seven to ten minutes, according to thickness. Keep them hot while you prepare the chips. Cut some white turnips and the red part of a carrot in thin strips ; boil them separately. Fry some thin strips of ham the same size as the vegetables. Place these in the centre of the dish, and the cutlets, with frills in the top of bone, neatly round the reform chips : then pour round the following sauce :—Put into a stewpan two ounces of butter, one ounce of lean ham, finely cut up, with a small piece of turnip, carrot, onion, celery ; a bay leaf, a sprig of parsley, thyme, a blade of mace, twenty peppercorns, a wineglass of vinegar, half a wineglass of ketchup, Harvey's sauce, one teaspoonful of anchovy sauce, one pint of brown stock, three teaspoonfuls of red currant jelly. Boil these altogether five minutes, strain round the cutlets, and serve hot.

Cutlets à la Soubise.

Take some cutlets from the back ribs ; trim neatly ; remove all the fat ; scrape the bone an inch from the end quite clean ; form them into a neat shape. Fry them a nice

brown on both sides, seven to ten minutes, in one ounce of butter; remove them from the pan; keep them hot while you prepare the gravy. Put into the pan in which the cutlets have been fried one ounce of flour, two tablespoonfuls of ketchup; next add half a pint of stock, a little pepper and salt; stir to boiling; simmer twenty minutes to reduce the gravy. This gravy should be poured round the cutlets, and the soubise sauce put in the centre.

To prepare the soubise sauce take four onions prepared and sliced. Put them into a stewpan with one ounce of butter, pepper, and salt to taste; a little nutmeg; place them by the side of the fire to sweat (not brown). When they are steamed soft, add one mealy potato or two mashed up and half a pint of milk; stir a quarter of an hour over the fire, then pass through a hair sieve; return the pulp to the saucepan, allow it to heat, then place it in one solid lump in the centre of the dish, and the cutlets neatly round with frills on the tips of bones.

Cutlets of Foie Gras.

Take some mutton cutlets; trim them neatly, leaving the bone quite clean about an inch from the top; beat the lower part to form a nice shape; fry them on both sides; allow them to get cold; then cover them carefully with the foie gras mixture. (See p. 76.) Dish them on a bed of green peas, put a cutlet paper on the bones, and ornament with chopped aspic jelly. Serve cold.

Note.—This dish may be served hot with brown gravy instead of aspic jelly.

Dough Nuts.

Put into a basin half a pound of flour; rub into it two ounces of butter, two ounces of sugar, and one teaspoonful of baking-powder. Beat up the yolks of two eggs well in a basin, put the whites on a clean dry plate; add to them a

pinch of salt. Take a clean dry knife and whip them up to a stiff froth. Have ready a pan of fat on the fire; when the blue steam is rising mix in the yolks and whites very lightly. Drop a teaspoonful into the hot fat; fry a pale brown. Sprinkle some sugar over, and serve hot.

Note.—They should rise to double the size.

(Suitable for Children.)

Put into a basin six ounces of flour, a teaspoonful of baking-powder; mix them well together. Rub finely into it two ounces of butter, and two tablespoonfuls of fine sugar, beat up an egg with two tablespoonfuls of milk. Pour it in the centre; make into a paste; turn it out on a floured board. Knead lightly; form into small balls; make a hole in the centre; drop them into boiling fat five minutes. Put them on kitchen paper, sprinkle sugar over, and serve.

Note.—A blue steam must be seen rising from the fat before the dough nuts are put in; they will then be a golden colour, and crisp on the outside.

If they are put into the fat before it is hot enough they will be greasy and soft.

Dripping, To Clarify.

The same dripping or clarified fat may be used for a very long time for frying. When it becomes brown and mixed with sediment, place it in an iron pan, let it heat till a steam rises. Have ready a deep basin containing hot water; pour the hot dripping into this, very little at a time, to prevent it flying up; stir well. When quite cold the purified dripping will form a solid cake on the top, which must be taken off and wiped dry, and is then ready for use again. A *quicker way* is to put the dripping and cold water together in a pan and bring to the boil; pour into a basin and cool. When cold remove and wipe the cake of clarified dripping.

Dr. Kitchener's Soup.

Take five quarts of liquor that beef or mutton has been boiled in, also one quarter of a pound Scotch barley (previously soaked all night). Put it into stock to boil ; boil one hour. Take one quarter of a pound of fat bacon ; cut it up into small squares. Put three ounces of dripping into a stewpan : when melted and boiling, put in four ounces of chopped onions and the bacon ; a little flour among them makes them brown quicker. When they are browned, stir into the pan gradually to a paste four ounces of coarse oat-meal. When all are brown, add a little of the stock to the stewpan, then the rest gradually. Simmer for an hour.

Dropped Scones.

Put into a bowl half a pound of flour, a quarter of a teaspoonful of carbonate of soda, half a teaspoonful of cream of tartar, half a teaspoonful of salt. Mix all very carefully together with the tips of the fingers. Add nearly a pint of butter milk, stirring it carefully with a wooden spoon until there are no lumps. Grease a hot girdle, place the batter on it in spoonfuls, keeping them well separated. When slightly firm, and air bubbles rise, turn with a broad knife.

Duck, Roast.

Take a nice young fat duck ; pluck, singe, and empty it ; scald and skin the feet and legs ; twist them round on the back of the bird. Cut off the head, neck, and pinions at the first joint ; turn them firmly so as to give the breast a plump appearance. For the stuffing take half a pound of onions, a tablespoonful of finely-chopped or powdered sage, three tablespoonfuls of bread crumbs, the liver of the duck parboiled and chopped. Skin the onions, scald them in boiling water, adding to them a piece of washing-soda the size of a pea, and a tablespoonful of salt. Leave them thus

ten minutes to draw out the green indigestible part of the onion. When this is done, chop the onions finely ; add to them the bread crumbs, sage, half a teaspoonful of salt, nearly a quarter of a teaspoonful of pepper, and the liver. Mix well and place it inside the bird. Truss firmly and neatly with a trussing needle and twine. Roast before a clear bright fire ; baste it very often : just before taking it up from the fire dredge over a little flour. Time to roast about one hour. Serve with a good brown gravy (*see* BROWN GRAVY) and apple sauce (*see* APPLE SAUCE).

Dutch Stew.

Put into a saucepan one ounce of dripping. Skin and scald two onions (*see* ONIONS) ; chop them finely ; place them in the hot fat to fry ; do not allow them to brown. Put in a piece of neck of mutton ; let it sweat without water three-quarters of an hour, then lay on the top a cabbage well washed, scalded, and cut into quarters, also five potatoes peeled, parboiled, and cut into slices. Stew very slowly till cooked. Serve the meat in the centre of the dish and the vegetables round.

Dutch Flummery.

Put into a clean saucepan one ounce of gelatine, one pint of water, the rind and juice of one lemon. When it is melted strain it over the beaten yolks of three eggs ; return it to the pan ; stir it over the fire till thick ; strain it into a wetted mould ; set aside to get cold. Turn out on to crystal dish and serve.

Eggs.

Eggs are very nourishing and digestible if they are not too much cooked. To boil an egg, put it in cold water enough to cover it and put it on the fire. As soon as the water boils fast the egg is done. To boil an egg hard, put

it in boiling water and boil exactly ten minutes. If you boil it longer the outside of the yolk will be black. If you boil it too fast the shell cracks. To whip an egg, put the white on a clean dry plate with a pinch of salt or sugar. Whip it lightly with a clean, dry, broad-bladed knife. Stand in a draught, whip lightly and evenly, and whip always in the same direction. When the plate can be turned upside-down without the egg slipping, then it is done. Always stir a whipped egg very lightly into any pudding or cake. A beaten egg contains much air. This air, when it is put into the oven, expands, and makes the cake light. Therefore, everything that has a beaten egg in it must be put into a very hot oven at first, and must be baked directly it is mixed, before the air has time to escape.

Egg Drink.

Beat the yolk of one egg with a tablespoonful of sugar and a quarter of a pint of warm milk ; pour on to it a bottle of soda water.

This is an effervescing drink, and is both nourishing and cooling.

Egg Flip.

Put two tablespoonfuls of wine with four tablespoonfuls of water and four lumps of sugar into a pan ; allow it to get hot, but not boil. Beat up an egg until it is quite frothy ; pour on to it the heated wine and water ; pour it backwards and forwards several times very quickly, and serve hot.

Eggs, Poached.

Put a pint of water into a stew-pan with four teaspoonfuls of vinegar and a saltspoonful of salt. When the water is quite boiling, break the eggs carefully into it. Let it boil three minutes ; lift them out carefully so as not to break the yolk. Serve upon hot buttered toast.

Egg Sauce.

Melt in a saucepan one ounce of butter ; stir into it half an ounce of flour, then add half a pint of milk ; stir carefully to boiling. Season with half a saltspoonful of salt and a quarter of a saltspoonful of pepper. Chop up two hard-boiled eggs into small irregular pieces, stir them into the sauce, and it is ready for use.

Eggs, Stuffed.

Take some fresh eggs, boil them hard, put them into cold water to cool ; cut them in halves lengthways ; take out the yolks. Put into a mortar a little finely chopped ham and chicken or any cold meat, the yolks of the eggs, a table-spoonful of finely chopped parsley, a tiny piece of onion, butter, pepper, and salt to taste ; pound these well together. Fill the hollow of the white with the mixture ; join the two halves together. Roll them in flour, brush over with a beaten egg, and cover with bread crumbs ; fry in boiling fat.

Note.—See that a blue steam is rising from the fat before putting in the eggs to fry ; they must be a golden colour. Drain them on porous paper. Serve on a hot dish garnished with sprigs of parsley.

Eggs in Cases.

Put into a saucepan one ounce of butter, one table-spoonful of milk or cream, three ounces of finely chopped ham ; stir over the fire five minutes ; drop in the yolk of an egg ; stir it over a slow fire carefully two minutes. Grease some ramakin cases, put in some of the above, then drop in an egg, a tiny pinch of salt and pepper ; cover them with bread-crumbs ; put some small pieces of butter on the top. Brown them in the oven.

(Another way.)

Butter some ramakin cases, and put in a little grated cheese; then drop in one egg, a very tiny pinch of pepper and salt; cover them with bread crumbs, and put some small pieces of butter on the top. Brown it in the oven or before the fire.

English Salad.

Take some lettuce, cress, mustard, and watercress all freshly gathered; wash them very carefully in plenty of clean, fresh water; shake it well in a clean towel or salad basket to dry it. Take some beetroot that has been cooked, cut it into thin slices; arrange them with the green food tastily round a salad dish with a little horseradish finely shred, and pour over the following sauce:—Rub the yolks of two hard-boiled eggs quite smooth with the back of a wooden spoon; add a saltspoonful of salt, sugar, and ready-made mustard, a tablespoonful of vinegar, a little pepper, and four tablespoonfuls of cream.

English Scones.

Put into a basin one pound of flour, half a teaspoonful of salt, half a teaspoonful of cream of tartar, half a teaspoonful of carbonate of soda. Mix them well together with the tips of the fingers, then rub in very finely one ounce of butter. Make into a stiff paste with butter milk; form it into one lump, leaving the sides of the basin clean. Knead it on a floured board till quite smooth; roll it out to a quarter of an inch in thickness; cut into round shapes; bake on a girdle.

Note.—This may be made into one large scone and baked in an oven, or cut into three-cornered shapes and baked on a girdle. The girdle must be well cleaned with salt before baking the scones.

Everton Toffee.

Take one pound of brown sugar ; put it into a pan with one teacup of water. When the sugar is melted, add a quarter of a pound of butter beaten to a cream ; stir all carefully until done. Try a little by dropping it into cold water ; if it becomes brittle it is ready. Pour it out on a greased dish and flavour with six drops of essence of lemon.

Fig Pudding.

Take two ounces of finely chopped apple, a quarter of a pound of figs ; remove the stalks and chop them. Mix with them three ounces of flour, three ounces of bread crumbs, two ounces of finely minced suet, two ounces of sugar. When these are well mixed together, bind with an egg and just enough milk to form a stiff paste. Grease a mould or basin ; pour in the mixture ; cover the top with buttered white paper. Never use printed paper for cooking purposes. Steam two hours. (*See RULES FOR STEAMING*, p. 75.)

Findon or "Finnan" Haddocks, Savoury.

Put two haddocks into hot water ; remove all skin and bone ; pound in a mortar with two teaspoonfuls of anchovy sauce ; pass them through a sieve with the yolks of two-hard boiled eggs into a basin. Mix with them one ounce of butter, the yolks of three raw eggs, a grain of cayenne pepper and salt, the juice of half a lemon, and three tablespoonfuls of cream. Stir over the fire till hot through ; remove it from the fire, and stir in two tablespoonfuls of grated parmesan cheese. Put some plain biscuits into the oven to get hot through. Pile the mixture on the top of each one ; garnish with the white of egg ; cut into shapes, and sprinkle over some grated cheese.

Fish and Oyster Pie.

Put into a basin one tablespoonful of finely chopped parsley, two tablespoonfuls of bread crumbs, the grated rind of half a lemon, a very little grated nutmeg, salt and cayenne pepper, half a teaspoonful of lemon juice. Mix all these well together, then add a tablespoonful of milk. Put into a pie-dish a layer of the above seasoning, then a layer of oysters and fillets of sole, cut into small pieces, then add another layer of seasoning, fish, and oysters. Line the edges of the dish with pastry, twist some bars across, and ornament it with leaves all round. Nearly fill the dish with the liquor from a tin of oysters mixed with a very little milk. Place it in a hot oven and bake fifteen minutes.

Fish Cakes.

Take equal quantities of cold cooked fish and cold mashed potatoes ; put them into a basin with the yolk of one egg, a little salt and pepper, a tablespoonful of milk. There should be about half a pound of fish and half a pound of potatoes for this quantity. Mix them well together. Form into neat round or oblong cakes ; brush them over with a beaten egg ; toss them in a sheet of paper containing bread crumbs. Have ready a pan of boiling fat, enough to cover them ; when the blue steam rises from the fat drop in the fish cakes and fry them a golden brown. Lift them out on to a sheet of kitchen paper for a minute. Serve on a dish garnished with parsley.

Fish Pie.

Take some cold cooked fish, cut it into small pieces. Put an egg into boiling water, boil it slowly ten minutes ; put it into cold water a few minutes to prevent the white discolouring ; remove the shell ; cut it into slices. Grease

a pie-dish and put into it a layer of bread crumbs, then a layer of fish, a layer slices of egg, a layer of cold finely mashed potatoes ; repeat this until the dish is full, taking care to put potatoes on the top. Brown it in the oven.

Fish Pudding.

Put into a basin two ounces of bread crumbs, one ounce of butter, a pinch of salt and pepper ; pour on to them one quarter of a pint of boiling milk ; allow them to soak a few minutes, then add six ounces of cooked fish lifted in flakes with two forks. Beat well three eggs ; mix all well together. Pour into a greased basin or mould ; cover the top with a buttered paper or lid. Place it in a pan of boiling water, allowing the water to come only half way up its side. Steam it slowly thirty-five minutes.

Note.—There are three rules to be carefully observed in steaming :—

1st, The water must be boiling when the pudding is put in, and more *boiling* water must be added as it reduces.

2d, The water must come only half way up the side of the pudding.

3d, The pan must have a tightly-fitting lid.

(Another way.)

Mix well together half a pound of cold cooked fish and half a pound of finely-mashed potatoes, two ounces of butter, one egg, a little pepper and salt. Butter a plain mould and cover it with browned bread crumbs. Press the mixture firmly into the mould and steam it thirty minutes (*see RULES FOR STEAMING*).

Note.—If salted fish be used then less salt must be put into the pudding. The mixture may be put into a pie-dish and baked in the oven.

Fish Stock.

Put into a pan the bones and trimmings of any fish with small piece of turnip and carrot, the white part of a leek, a sprig of parsley, a few peppercorns, cloves, and a blade of mace. Cover with cold water; simmer three hours; skim carefully all the time. Any white stock may be used, but fish stock is best for the foundation of fish soups.

Foie Gras Mixture.

Take one pound of calf's liver, half a pound of liver from geese, ducks, or chickens; cut it all up into small pieces, also half a pound of fat bacon; put it into a fryingpan over the fire so as to get out all the fat; remove the bacon, and put into the fat the pieces of liver, a blade of mace, twelve peppercorns, a little grated nutmeg, a sprig of thyme and parsley, a clove of garlic, half a Spanish onion; cut up finely also a small young carrot and turnip, a quarter of a teaspoonful of salt, two tablespoonfuls of water. Cook these slowly over the fire until they are done, but do not allow them to brown. When this is done, put the liver into a mortar with two tablespoonfuls of lard and pound it quite smooth, then pass it through a hair sieve, and it is ready for use.

Fowl, Boiled.

Prepare and truss the fowl according to directions given (*see FOWL TO TRUSS, BOIL*). Grease two sheets of kitchen paper, tie one over the breast of each fowl; place them in a pan of boiling water; simmer very slowly from an hour to an hour and a quarter, according to the age and size of the fowl. When they are quite tender, place them on a hot dish, remove the paper, pour over them a good white sauce with the white of a hard-boiled egg chopped up; rub the yolk of the hard-boiled egg through a sieve over the breast of the fowl, and serve quickly.

Fowl, to Draw.

Pluck the feathers, then singe the fowl to remove the small hairy feathers. Lay the fowl on its breast, make an incision along the back of the neck from the body to the head. Cut off the head; separate the skin from the neck, and fold the skin back over the breast; then cut off the neck close to the body. Draw out the crop carefully and then the windpipe. Wipe the piece of skin to remove the blood. With a sharp knife enlarge the opening at the other end of the bird, about an inch upwards, from the middle. Draw out all the inside of the bird, taking care not to break the gall bladder which is attached to the liver. Wipe the opening with a damp cloth. Preserve the neck and giblets for soup or gravy.

Fowl, Roast.

Truss the fowl with the giblets under the wings (*see FULL DIRECTIONS*). Put it down in front of a clear bright fire; baste it constantly about an hour or three-quarters according to the size and age of the fowl; dredge over it a little flour ten minutes before serving it; serve with bread sauce (*see BREAD SAUCE*) and a rich light-coloured brown gravy (*see GRAVY FOR FOWLS*).

Fowl, To Truss (Boil).

The fowl is trussed in the same way as for roasting, with the following differences:—Cut off the legs at the first joint; put the fingers into the bird, and loosen all the skin round the legs till they can be pushed back within the skin. Push back the legs into the body of the fowl; put the liver and heart into the bird; fold the skin of the breast over the ends of the legs; turn up the tail inside so as to fill in the opening and look neat. Pass the trussing needle through now as for roasting, and tie the tail and legs firmly.

Fowl, To Truss (Roast).

Choose a nice young fowl, pluck, draw, singe, but do not wash it. Wipe it well inside with a clean damp cloth, then take a dry one and wipe it thoroughly well; see that it is perfectly clean. Cut off the head with a sharp knife; take a pair of scissors and cut the skin down at the back of the neck, so as to leave enough to fold back neatly. Cut off the neck close to the body, and fold the skin back. Scald and scrape the legs; cut off the toes at the first joint. Take a trussing needle, threaded with twine. Put the points of the wings behind the shoulders. Place the liver and gizzard in each wing. Push back the legs close to the sides of the bird, and pass the needle through the under part of first wing at the point of the joint, on through the thick part of the leg at the top, and from thence straight through the body, taking the leg and wing at the other side; draw out the needle, then, turning back, put the needle through the upper part of the wing, through the skin of the neck, and the upper part of remaining wing, and thick part of the top of leg; tie the two ends of string securely. Thread the needle again; put it through the fowl at the tail, just over the back-bone; pass it over one leg, through the skin at the base of the breast, and over the other leg; bring the ends of the twine together, and tie them very tightly.

French Buns.

Put into a pan two ounces of butter, allow it to melt. Cream one ounce of German yeast with a teaspoonful of sugar; add to it a quarter of a pint of water, just new milk warm; add just enough flour to set it in a sponge; put it in a warm place to rise. When it is well risen drop in three well-beaten eggs and the two ounces of melted butter, two ounces of sugar; beat it well with the hand, adding gradually more flour to stiffen the dough until it is the proper

consistency ; beat it till air bubbles appear, set it to prove fifteen minutes, turn it out on to a floured board, roll it out to about half a yard in length, cover it over with tiny pieces of butter, fold in three, roll out again, repeat until a quarter of a pound of butter has been rolled in, then sprinkle over a handful of well-cleaned currants and a little sugar ; roll up like a roly-poly pudding ; cut into thin slices, place them on a floured baking tin ; prove them in a warm place fifteen minutes. Bake in a hot oven ; when nearly done brush them over with a little milk.

French Galette.

Take half an ounce of common German yeast, work it smooth with a little moist sugar before adding water. Mix with about a quarter of a pint of tepid water. (Tepid is one part boiling to two parts cold.) Dissolve yeast perfectly. Put threequarters of a pound of flour in a basin with a pinch of salt. Stir in the yeast with a spoon. Cover up the mixed dough with flour, then cover the basin with a cloth, and put it near the fire for about an hour. In another basin put half a pound of flour. Add rather more than a quarter of a pint of milk gradually. Good flour takes up more liquid than the second. When the hour for the dough is over, mix it and the batter together, doing it very carefully to avoid lumps. Break in four whole eggs in succession. If galette wanted richer add cream instead of milk : also two ounces of butter (not necessary). Add enough of flour, say quarter of a pound, to make the mixture stiff enough to get it out of the bowl. Then work it about on the board a little. Cut it into eight little lumps ; roll into a kind of egg shape Lay them on floured tins. Snip the galette round with scissors. Put them in a warm place ; cover with paper for an hour. Brush over with yolk of an egg before putting into the oven. When half ready take out and dust over with castor sugar. Finish baking.

French Loaf.

Cream one ounce of German yeast with half a teaspoonful of salt; beat up the white of an egg to a stiff froth on a plate. Melt one ounce of butter in half a pint of milk. Put into a basin a pound and a half of flour. Strain the yeast in the centre; add the white of egg and the milk and butter, just new milk warm. Mix well. Set to rise one and a half hours. Form into cottage loaves. Set to prove fifteen minutes. Bake in a hot oven.

French Rice Pudding.

Put into a pan one pint of milk, allow it to boil; sprinkle in a quarter of a pound of ground rice, boil till thick; remove it from the fire; stir in two ounces of sugar and two ounces of butter. Beat well the yolks of three eggs, add them when the mixture is cool, also the finely chopped rind of a lemon; butter a dish and sprinkle over some brown bread crumbs. Add lastly the well-whisked whites of eggs, pour into a greased dish, and bake one hour in a moderate oven.

French Salad.

It would be difficult to particularise a French salad. It is composed of a variety of different things, such as cooked beans, potatoes, cauliflower, celery, &c. The greater variety in green food the better the salad is. Take some freshly-cut lettuce, endive, mustard, and cress; wash them well, put them in a clean dry towel, shake them well; arrange them tastily round a salad bowl, then a layer of cooked vegetables cut into slices; more green food, finely chopped chillies, anchovies, and aspic jelly. Make a sauce as follows:—

Put into a basin the yolks of three eggs, a teaspoonful of made mustard, a quarter of a teaspoonful of sugar, half a teaspoonful of salt, a very little cayenne pepper, and drop by drop add a quarter of a pint of salad oil, stirring very carefully one way with a wooden spoon ; and a tablespoonful of tarragon vinegar. Pour the sauce over and serve some in a salad sauce bottle.

Friars' Omelet.

Peel, core, and slice four apples ; put them into a pan with a tablespoonful of sugar, the juice of half a lemon, and one ounce of butter ; cook them over the fire until they are soft, then pass them through a sieve, allow it to get quite cool, then add the yolks of three eggs. Put four whites upon a clean dry plate, add a tiny pinch of sugar ; take a dry knife and whip them up to stiff froth, mix them very lightly to the apple mixture. Melt in an omelet pan one ounce of butter, pour in the mixture, move the pan gently round until it is set round the edges ; fold it in half across the pan with a knife that will bend, turn it back again for a second or two, then place it on a hot dish and serve very quickly.

Friar Tuck Soup.

Beat up an egg and put it into a soup tureen ; pour over it some boiling clear soup (*see* CLEAR SOUP) ; stir briskly and serve hot.

Fricassée of Cold Roast Beef.

Have a few slices of beef, not too large. Cut a small onion in rings ; put half an ounce of butter in a stewpan, and, when melted, fry the onion a pale brown ; pour on a cupful of broth seasoned with pepper, salt, and mustard ; allow it to boil once, then add the pieces of meat to get

hot through. Have ready the yolks of two eggs well beaten with one tablespoonful of broth; stir quickly in, but do not let it boil after the eggs are added or the mixture will curdle. Turn on to a hot dish, garnish with *croûtons* of fried bread and serve.

Fricassée of Rabbit.

Choose a nice young rabbit; wash it well and blanch it, that is, put it on in cold water and let it just come through the boil; pour away the water. Cut up the rabbit in neat joints; put it into a saucepan and cover it with white stock, or water; add a little carrot, turnip, celery, onion, salt, pepper, and a blade of mace, let it cook gently three-quarters of an hour according to the age and size of the rabbit; when done, lift out the pieces of rabbit neatly on a dish and pour over it the following sauce:—Melt one ounce of butter in a saucepan, cook in it half an ounce of flour, then strain into it the stock in which the rabbit was cooked. Remove it from the fire and add to it one gill of cream well beaten with two yolks of eggs. Serve hot. Garnish with twelve button mushrooms.

Fried Fish.

Take some fillets of sole, plaice, or any kind of fish; cut them into neat pieces, wipe them dry in a cloth. Put on a plate a tablespoonful of flour, a quarter of a teaspoonful of salt, a very little cayenne pepper and grated nutmeg, the grated rind of half a lemon, and one tablespoonful of finely chopped parsley. Mix these all well together; roll each piece of fish in it, then brush them over in a beaten egg. Toss them well in a sheet of paper containing breadcrumbs, allow them to stand twenty minutes, then give them another coating of egg and breadcrumbs. Have ready a pan of fat; there should be plenty to cover the fish. Be very careful to see a blue steam rising from the fat before putting in

the fish ; in two or three minutes it should be a golden colour. Lift it out on to a sheet of kitchen paper for a few minutes, then serve it on a hot dish and garnish with parsley.

Fried Herrings.

Clean them well, dry them, dip them in flour, brush them over with hot clarified fat, toss them in oatmeal, fry in hot fat a nice brown.

Fried Oysters.

Put on a plate a tablespoonful of flour, a quarter of a teaspoonful of pepper, a quarter of a teaspoonful of salt, a tablespoonful of milk ; mix them well together ; dip each oyster well in this. Beat up an egg, brush the oysters over with it, and then toss them in a sheet of paper containing bread crumbs ; allow them to stand twenty minutes ; cover them again with the egg and breadcrumbs. Have ready a pan half full of clarified fat ; when it is quite hot, and a blue steam rising from it, drop in the oysters one by one and fry them a golden colour. Lift them out with a skewer or perforated iron spoon on to a sheet of kitchen paper for a few seconds, then arrange neatly on a hot dish ; garnish with parsley and serve.

Frumenty.

Bruise and wash a quart of wheat, soak it all night, put it into a jar with enough water to cover it ; cook it very slowly till it is quite soft ; mix with it a quart of new milk, two tablespoonfuls of raisins stoned. Sweeten with sugar to taste, and flavour with a little grated nutmeg and serve.

Galantine of Fowl.

Take a fine young fowl, remove the head and neck, push the crop inside. Take a small sharp knife, disjoint the wings, scrape close to the bone of both wings ; remove the

bones ; turn the wing inside out. Next scrape the merry-thought, clean and remove it ; then scrape close to the bone round the body of the fowl, taking care not to tear the skin, until you come to the legs ; disjoint them, scrape close to the bones ; remove them and go on cutting close to the bone until the bone is quite free. Turn the fowl and sprinkle over it a little salt, pepper, grated nutmeg and lemon rind ; press firmly into the legs, wings, and body, sausage meat or a forcemeat made with equal quantities of lean ham and fat bacon (two ounces of each) and eight ounces of veal, all finely chopped ; mix with a cup of breadcrumbs. Season with salt, pepper, grated nutmeg and lemon rind. When the fowl is nicely stuffed, place on the breast two hard-boiled eggs among the stuffing. Truss neatly ; fold in a clean cloth ; bind with broad tape. Put the bones in a pan ; cover them with cold water ; bring to the boil ; put in the fowl and simmer very slowly three or four hours, according to the size of the fowl ; remove it, when done, from the pan and place it in a dish, and press it. When cold, remove the cloth ; brush over with glaze, allow it to dry, brush it again until it has had three coats. Ornament with aspic jelly and sprigs of parsley.

Genoese Pastry.

Take six ounces of best flour, pass it through a hair sieve. Take six ounces of butter, melt it in a pan. Break seven eggs on eight ounces of fine sugar into a basin ; place the basin over hot water, and whisk twenty-five minutes. Then add a little flour and melted butter alternately till all is lightly stirred in. Line a shallow tin with a buttered paper ; pour the mixture quickly into it. Bake in a hot oven half an hour.

Note.—This may be baked in round cake tins, or in a flat baking tin and made into jam sandwiches.

German Chocolate.

Put a pint of milk and a quarter of a pound of chocolate into a clean pan on the fire ; let it get nearly to boiling-point. Then pour the milk off, and rub the chocolate into a smooth paste, taking care no lumps are left. Then put the milk back, adding sugar to taste ; let it boil about five minutes. Have ready four eggs well beaten and strained into a jug ; pour the boiling chocolate on the eggs. Stir well all the time to prevent curdling ; froth well by beating. Serve in small cups with sponge cakes.

Note.—If required less rich leave out the eggs and use a little water.

German Wafer Biscuits.

Take four eggs and half a pound of sifted sugar ; beat these together twenty minutes over a bowl of hot water, to cook the eggs. Add the juice of half a lemon and half a pound of flour sifted through a hair sieve ; beat all these well together ; drop in teaspoonfuls on to a greased tin ; bake a pale brown. Remove from the oven and roll up quickly.

Ginger Beer.

Put into a pan one gallon of cold water, one pound of sugar, one ounce of root ginger slightly bruised ; place it on the fire and boil it slowly two hours. Remove the pan from the fire and put into it a good half teaspoonful of cream of tartar and the rind and juice of one lemon ; allow it to stand until it is about new milk warm, then add a tablespoonful of brewers' yeast ; let it ferment twenty-four hours, then remove the yeast from the top carefully, strain and bottle it for use. The bottles must have good corks tied in and not be filled too full.

Ginger Cordial.

Put into a large bowl five pounds of loaf sugar, half an ounce of capsicum, half an ounce of essence of ginger, a quarter of an ounce of tartaric acid ; pour over five quarts of boiling water, stir it frequently ; when cool, add a few drops of browning to give it a nice colour, and bottle it.

Glazed Carrots.

Wash and brush some nice young carrots and scrape them very thinly ; put them into a saucepan with four lumps of sugar, the juice of half a lemon, a piece of glaze the size of a walnut, half a saltspoonful of salt, half that quantity of pepper, and half a pint of brown stock. Put the carrots in at boiling-point, and cook them slowly till soft. Dish them on an end, so as to stand upright in a vegetable dish, and pour over them the sauce.

Glaze for Meat.

Take half an ounce of gelatine, soak it in half a pint of cold water for an hour, add a cupful of strong gravy from roast beef, or a spoonful of Liebig's extract ; dissolve in a little water, add a little salt ; put all together in a saucepan ; boil it, stirring all the time, till it is as thick as cream ; put in a jar and it is ready for use ; this will keep a long time. When it is wanted for use, put the jar in a saucepan of boiling water until it is liquid, then brush it over the meat.

Golden Fingers.

Cut some pieces of cold meat about as thick as your finger ; and two inches long ; dip them in a well-beaten egg, then into fine breadcrumbs ; melt two ounces of butter in a pan and fry the fingers a pale brown on both sides, then

place them in the oven or before the fire on a piece of porous paper to crisp. Pour away the butter, and put into the pan one cupful of good broth, seasoned with pepper, salt, anchovy and shalot, stir these well over the fire till boiling; then add one tablespoonful of finely minced parsley, two tablespoonfuls of shred horse radish, and two tablespoonfuls of white vinegar; mix well but do not let boil. Put the fingers in the centre of a hot dish, pour the gravy round, and garnish with horse radish and crimped parsley.

Note.—Dripping may be used to fry in instead of butter, but the flavour is not so fine as when fried in butter.

Gooseberry and Rice Shape.

Cook the gooseberries in a stone jar in the oven or on the hob. A jar is better than a saucepan. Allow one quart of fruit to a quarter of a pound of sugar. Green gooseberries need a little more, say two ounces more. Stew gooseberries one hour in the oven; add a quarter of a pint of water. Other fruits have enough of juice. Wash well half a pound or half a pint of rice, put into saucepan containing one quart of water or milk; rice always takes at least three times its bulk of water. Patna rice may boil twelve to seventeen minutes, Carolina about twelve. Boil quickly; add a little bit of butter to prevent burning; put into mould, let it cool, turn out, put fruit in the middle if using a mould with hole in centre, if not, put the fruit in a glass dish separately.

Gravy for Game.

Take the liver and giblets of any bird, wash them well, put them into cold water with a little salt, cook them slowly till soft; pass them through a sieve, return it to the pan with one ounce of butter and some of the gravy, stir it over the fire till thick, season it highly, add a few drops of brown-ing to make it a nice rich colour, and serve.

Gravy for Roast Fowls, &c.

Clean the giblets, put them into a saucepan with enough *cold* water to cover them, a little salt and pepper, three cloves, a small piece of turnip, carrot and onion, prepared ; simmer all slowly two hours. Strain the gravy, add a little browning, and thicken with a tablespoonful of flour or rice flour ; boil up, and serve hot.

Gravy Soup.

Take one pound of good, lean, gravy beef, cut it up into small pieces, put it on the fire with two pints of cold water, bring it slowly to the boil, throw in half a teaspoonful of salt, remove the scum as it rises ; then add a piece of turnip, carrot, celery and onion, a few sprigs of flavouring herbs ; simmer all slowly three hours, strain it, remove any fat from the surface, season with pepper, salt, ketchup and Harvey's sauce to taste ; serve hot.

Green Pea Soup.

Put into a pan two quarts of stock, one pint of peas, a slice of lean ham, two onions prepared and sliced, and one lettuce ; simmer one hour till the vegetables are tender ; add a little *boiled* spinach, or the shells of young peas may be boiled in the stock ; pass all through a sieve, return the soup to the pan with a lump of sugar and one pint of cooked green peas ; boil up at once, season, and serve hot.

Grouse Pie.

Take the grouse and wipe it thoroughly well with a clean dry cloth ; remove the head and neck, cut off the shaggy pieces from the legs, cut the bird in halves ; flour, pepper, and salt the inside and outside ; put two ounces of butter into a pan, let it get quite hot, and place the halves of the grouse

in it; fry them to a pale golden colour. Take them up on a plate, and let them cool a little; have five ounces of mince-collops highly seasoned with pepper, salt, nutmeg, and a little lemon rind; put these into the pan the birds were fried in and brown them slightly, lay them in a pie-dish; on the top of these place the halves of the grouse. Have ready mixed one tin of mushrooms chopped, two tablespoonfuls of parsley, fried, dried, and finely chopped, one shallot also finely minced, the yolks of two hard-boiled eggs, the juice of half a lemon, a little pepper, salt, and nutmeg. Put the mixture round the grouse, add as much stock as the dish will hold, and, lastly, pour over the top of the birds about one tablespoonful of claret if it is liked. Cover the pie-dish with rough puff pastry; brush it over with beaten egg; place the dish upon a baking sheet in a hot oven for fifteen minutes, and then in a moderate oven; bake one hour and a quarter. When the pie is cooked, pour into it some good stock, so that when it is cold there may be plenty of well-seasoned jelly in it.

Ground Rice Pudding.

Put into a pan six pints of milk and two of water, a stick of cinnamon about three or four inches long; place it over a slow fire to boil. Put a pint of ground rice into a basin, make it into a paste with milk, add sugar to taste. When the milk is boiling, pour the rice into it, taking care to stir it all the time; boil it eight minutes, and serve.

Note.—This is an excellent pudding for school-children or large families.

Gruel.

Put into a basin a tablespoonful of oatmeal, half a teaspoonful of sugar, a quarter of a teaspoonful of salt; pour over them half a pint of cold water. Stir well with a wooden spoon, allow it to stand twenty minutes; pour off the water

into a pan, pressing the oatmeal with the back of a spoon, so as to leave it as dry as possible. Place the pan on the fire, stir it frequently till boiling ; simmer slowly ten minutes and serve with a quarter of an ounce of fresh butter ; if liked, add half a teaspoonful more sugar.

Grutza.

Cook two pounds of fruit in three pints of water till soft ; pass it through a hair sieve. Put the juice on to boil again with threequarters of a pound of sugar. When boiling, add a teacup of pearl sago, which must have been well washed and soaked two hours in cold water. Boil till clear, pour into a wetted mould ; allow it to become cold. Turn out, serve with cream.

Note.—For juicy fruit two and a half pints of water.

Haddock Stuffed and Baked.

Scrape and clean off the scales from the tail to the head ; take out the eyes. Remove a thin black skin from the inside, as it is bitter ; wipe the fish very dry. Make a stuffing with two tablespoonfuls of breadcrumbs, a piece of finely shred clarified fat, a little grated nutmeg and lemon rind, one tablespoonful of washed, dried, and chopped parsley ; bind these together with the yolk of an egg or a little milk, lay the fish on its back, and put in the stuffing. Take a needle and string, pass it through the end of the slit ; lace it from one end of the opening to the head, pass the needle through the body on the right side and tie on a bow ; draw the fish in the form of the letter S ; place it on a greased baking sheet ; brush it over with egg or milk ; sprinkle over some breadcrumbs. Bake twenty minutes for an ordinary sized fish.

Ham Toast.

Put into a clean pan a tablespoonful of milk or cream, one ounce of butter, three ounces of finely chopped ham. Stir all over the fire five minutes ; remove the pan from the fire, and drop in the yolk of an egg. Stir very carefully over a slow fire two minutes ; spread it thickly upon hot buttered toast ; sprinkle on the top some breadcrumbs ; brown it before the fire, and serve hot.

Hare, forcemeat.

If the liver is *quite sound*, boil it slowly five minutes ; chop it finely. Add to it five tablespoonfuls of breadcrumbs, a tablespoonful of finely chopped parsley, the rind of one lemon grated, a quarter of a teaspoonful of thyme and sweet marjoram, half a teaspoonful of salt, a quarter of a teaspoonful of pepper, a few grains of cayenne pepper and a very little grated nutmeg. Mix these all well together with two ounces of butter and the yolk of an egg ; if the liver is not used two yolks will be needed.

Hare, Roasted.

Choose a young hare that has been well hung. If it seems too high, wash it in vinegar and water ; see that it is quite clean before trussing it. After it has been well washed, wipe it with a dry cloth, taking care to remove any blood that often settles in the neck of the hare. Fill the hare with good forcemeat (*see* HARE, FORCEMEAT). Sew it up, and truss it firmly (*see* engraving). Place it before a clear bright fire ; baste it very often with good beef dripping until the last few minutes, then flour it well and baste with a little butter to brown it nicely. The time for roasting will depend on its age and size ; a moderate sized hare will take nearly two hours. Place the hare when done on a hot dish and

remove skewers, string, &c. ; pour over it a little good brown gravy. Send more gravy to table in a tureen, and red currant jelly should also accompany it.

Note.—The hare may be covered all over with slices of fat bacon, after it has been before a good fire for ten minutes.

Haricot Beans with Bacon.

Steam half a pint of beans until quite soft ; cut into small pieces two ounces of bacon, fry them, then put the beans into the fat and allow them to remain until they are slightly browned. Serve hot in a vegetable dish.

Haricot Bean Soup.

Soak half a pound of beans all night in cold water ; put them into a pan with two pints of water, a piece of soda the size of a pea, half a teaspoonful of salt, a quarter of a teaspoonful of pepper, and half the quantity of sugar ; boil slowly until the beans are soft, then rub them through a sieve or colander. Return the soup to the pan ; add to it one pint of milk. Boil and serve hot.

Haricot Mutton.

Take one pound of lean mutton and one ounce of dripping. Cleanse and prepare one carrot, one turnip ; cut them into neat pieces ; place in boiling water for five minutes. Skin and scald an onion ; cut it into slices. Cut the mutton into neat pieces, brown them with the dripping in a stew-pan ; brown very slightly the onion. Pour away the dripping ; add hot water or stock to cover the meat ; simmer with the lid on for half an hour ; add the vegetables and simmer for another half hour. Five minutes before serving, add a little colouring. Serve neatly with the meat and onions in the middle of the dish, and the carrot and turnip placed alternately round.

Heart Stuffed.

Well wash the heart, and fill it with the following stuffing : —Chop finely a tablespoonful of suet, wash a tablespoonful of parsley, pick it carefully ; wring it in the corner of a clean towel ; chop it finely. Mix with it four tablespoonfuls of breadcrumbs, half a teaspoonful of salt, a quarter of a teaspoonful of pepper, bind all together with an egg. When the heart is stuffed place it on a baking tin ; cover it with pieces of dripping and a greased paper ; put it into the oven. Baste it constantly while it is cooking.

Hot Cross Buns.

Put into a bowl one and a half pounds of flour, a quarter of a pound of sugar, a quarter of a pound of butter ; rub them finely together. Then add threequarters of an ounce of German yeast mixed with half a pint of milk, just warm, as for bread ; add two eggs well beaten. Set it to rise half an hour in a warm place ; at the end of that time mix in a quarter of a teaspoonful of ground cinnamon, a quarter of a teaspoonful of salt, half an ounce of carraway seeds, half a pound of sultanas, carefully picked, one ounce of candied peel finely cut up ; set to rise again half an hour near the fire. Form into buns. Prick to allow the steam to escape. Prove fifteen minutes. Bake in a good oven ten to fifteen minutes.

Hot Meat Shape.

Chop up finely four ounces of cold meat ; put it into a basin ; mix with it two ounces of breadcrumbs, one ounce of butter, a little salt and pepper ; pour over them a quarter of a pint of boiling stock ; allow them to soak a little ; then stir in one ounce of flour well with a wooden spoon and an egg well beaten. Pour into a greased mould or basin ; cover the top with a lid or greased paper, and steam it one hour. (*See RULES FOR STEAMING, p. 75*).

Ice, Apple.

Take one pound of green cooking apples, peel, core, cut in slices ; cook them over the fire till soft with the juice of half a lemon and two tablespoonfuls of sugar ; then pass them through a sieve. Add four tablespoonfuls of clarified sugar and freeze.

Ice, Chocolate Cream.

Melt two ounces of chocolate in a quarter of a pint of cream, rub it quite smooth through a hair sieve, allow it to get cold. Whip half a pint of cream to a stiff froth, flavour it with ten drops of vanilla, mix it with the chocolate ; also three tablespoonfuls of clarified sugar. Pour into the tin and freeze.

Note.—Stir the ices frequently from the outside in order that the centre may become frozen. Water ices freeze more quickly than cream.

Ice, Lemon Water.

Take enough good lemons for half a pint of juice ; squeeze the juice into a half pint measure, remove the pips, pour it into a tin ; add half a pint of water and one pint of clarified sugar, and freeze.

Ice, Orange Water.

Take half a pint of orange juice ; mix it with half a pint of water, and one pint of clarified sugar. Pour into a tin and freeze.

Ice Pudding.

Beat ten yolks of eggs with ten ounces of fine sugar. Mix with them a pint and a half of cream and milk, equally

mixed. Place them in a jug; put the jug in a pan of boiling water; stir carefully till thick. Allow it to get quite cold. Pour it into a tin, and freeze until it is as stiff as thick batter, and it begins to get lumpy; then add six ounces of crystallised fruit. Freeze a little longer, then mould the pudding and place it on ice till wanted for use.

Ice, Strawberry Cream.

Pass one pint of strawberries or four tablespoonfuls of jam through a hair sieve into a basin. Mix with it half a pint of clarified sugar (*see* ICES, CLARIFIED SUGAR FOR.) Whip up stiffly half a pint of cream; add it also. Pour into a tin and freeze.

Ice, Strawberry Water.

Prepare the fruit as for strawberry cream ice. Mix with it half a pint of clarified sugar and half a pint of water. Pour it into a tin and freeze.

Iceing for Cakes.

Put into a bowl one pound of iceing sugar, the juice of one lemon, and the whites of two eggs. Stir all together one way with a wooden spoon two hours and a half or until it is perfectly smooth and will not run; spread it evenly over the cake and set aside to become firm.

Iceing Pastry.

When nearly baked enough, take the pastry out of the oven, and sift over it fine powdered sugar. Replace in the oven. The above method is preferred for pastry to be eaten hot. For *cold*, beat up the whites of two eggs well; wash over the top of the pies with a brush, and sift over this a

good coating of sugar ; cause it to adhere to the crust ; trundle over it a clean brush dipped in water till the sugar is moistened. Bake again for about ten minutes.

Ices, Clarified Sugar for.

Put three pounds of sankey sugar into a pint and a half of water, the juice of two lemons, and the white of one egg beaten, with a tablespoonful of water. Place it over a slow fire, stir occasionally ; boil it five minutes ; strain through a clean cloth.

Indian Chutney.

Cut up finely four pounds of green gooseberries or apples. Put them into a pan with two pints of vinegar and one pound of brown sugar ; boil till soft. When cold, add one pound of raisins, stoned, and finely chopped, one ounce of garlic, chopped fine, one ounce of ground ginger, one ounce of allspice, half an ounce of cayenne pepper, a quarter of a pound of salt. Mix all these well together ; tie in jars or seal in glass bottles. Keep it twelve months.

Note.—It may be used after it has been made six weeks, but it is all the better for being kept longer.

Indian Cutlets.

Take seven or nine cutlets for a good-sized dish. Cut from the back ribs ; trim them neatly ; scrape the bone quite clean about an inch from the top. Rub each one over with lemon juice, then sprinkle over a little curry powder ; brush them all over with a beaten egg ; toss them in a sheet of paper containing breadcrumbs. Put two ounces of butter in a pan. When it is melted and quite hot, fry the cutlets on both sides from seven to ten minutes. Place in the

centre of a hot dish a mould of rice. Arrange the cutlets neatly round the mould, and pour over the following sauce:—Put into a saucepan one ounce of butter. When it is melted add two apples, peeled, cored, and finely chopped; also two onions prepared and chopped. Cook these till soft. Next add the juice of half a lemon, a teaspoonful of chutney, a dessertspoonful of cocoa-nut, a dessertspoonful of curry powder, a tablespoonful of rice flour. Rub all through a sieve; put the pulp into a pan; add to it a quarter of a pint of cream. Stir till thick, and serve hot.

Invalid's Fruit Tart.

Grease a small pie dish and put into it some cooked apples, and over them some spongecake cut into slices. Boil half a pint of milk, pour it over the beaten yolks of three eggs and a tablespoonful of sugar; stir it over the fire till thick—do not allow it to boil, or it will curdle; then pour this over the spongecake and apple. Whip up the whites to a stiff froth on a clean dry plate, with a tiny pinch of salt to cool them, and a clean knife; pile them on the top of the tart; dredge over some sugar, and place it in the oven to take a pale brown.

Note.—The apples should be peeled, cored, and sliced, then cooked over the fire with a tablespoonful of sugar, the juice of half a lemon, and if the apples are dry, two tablespoonfuls of water must be added.

Invalid's Pudding.

Put into a basin three tablespoonfuls of flour, three tablespoonfuls of bread crumbs, three tablespoonfuls of sugar, three tablespoonfuls of finely chopped suet, three tablespoonfuls of milk, and two well-beaten eggs; mix all well together; pour into a greased mould; cover with a greased paper. Steam it an hour and a half (*see* Rules, p. 75).

Irish Stew.

Take one pound of mutton. Remove every particle of fat ; cut it into neat pieces ; put it into a saucepan with pepper and salt. Skin and scald an onion ; cut it in rings ; add it. Lay over this as many whole parboiled potatoes as the saucepan will take. Pour in half a pint of cold water, and let it simmer slowly one hour.

Note.—The Scotch way of doing this is to cut the potatoes in slices and add more water.

Italian Cream.

Take one gill of thick cream, three ounces of finely powdered white sugar, the juice of one lemon. Beat till it is thick and put into glasses.

Jam.

Gather the fruit in dry weather ; pick it carefully. Put three-quarters of a pound of sugar in a basin to one pound of fruit ; leave it all night to draw out the juice. Place all in a clean preserving pan, which should not be more than three-quarters full. Bring slowly to the boil, stirring it very frequently with a wooden spoon ; skim carefully. Strawberries and raspberries should then be boiled from twenty minutes to half an hour, according to the quantity and size of the pan ; rhubarb, gooseberries, plums, and black currants take about ten or fifteen minutes longer. When ready pour it into pots, and cover at once with tissue-paper, brushed over with white of egg.

Note.—If the jam is to be used at once, less sugar may be used in preserving it.

Jam Puffs.

Make some flaky crust ; spread a thin layer over a baking tin, cover it with a layer of jam, wet it round the edges, and cover the jam with pastry. Mark round the edges, and across in squares. Bake in a quick oven ; cut it up and pile them high on a dish and serve.

Jelly.

Put into a saucepan one ounce of gelatine, three ounces of loaf sugar, the rind and juice of two lemons, one pint and a quarter of cold water, the whites and shells of two eggs. Whisk all over the fire till a stiff froth is formed on the top ; remove the whisk ; boil it up twice, put on the lid, let it stand quite still twenty minutes, then strain it.

Note.—It is the filter on the top which clears the jelly. Care must be taken not to break this or the jelly will not be clear.

Jelly, Calves' Foot.

One foot makes one pint. Cut the foot down the hoof, then across to make three pieces. Put on in cold water, boil up well, then throw away all the liquid. Wash the foot well, put it in a quart of cold water ; bring that to the boil ; boil slowly for five hours. Take a clean hair sieve, strain, put away the stock till next day.

Remove the fat from the cold stock with a spoon ; take a clean cloth, damp with hot water, wash the top of stock to remove every bit of fat. Put the stock in a stewpan ; peel the rind of three lemons very thinly, squeeze them, and strain the juice of three lemons in three-quarters of a pound of loaf sugar ; about eight cloves, small piece of mace, a very little cinnamon. Put all these into the stock, also the whites of three eggs and shells (if clean) whisked a little together, with a teacupful of cold water. Whip all this

on the fire till it boils ; remove the whisk ; leave it to stand quite still twenty minutes. Prepare jelly bag. Run some clean hot water through it. Then strain all the jelly compound through till clear. The wine should be added after straining, if it is needed.

Note.—A clean kitchen towel is the best jelly bag to use.

Jelly, Apple.

Pare and core some fresh apples, slice them into a preserving pan, with enough water to cover them, boil till quite tender ; then strain off the juice through muslin ; to each pint of juice add three-quarters of a pound of loaf sugar, and boil again till it jellies. Test it by dropping a little on a cold plate.

Jelly, Gooseberry.

Gather the fruit in dry weather, remove the stalks and any decayed pieces ; place it in a clean pan with a cup of water ; let it slowly warm (not boil) till the juice has come well out. Then squeeze the fruit gently in a piece of muslin or clean kitchen towel. Measure the juice ; return it to the pan with the sugar, bring slowly to the boil ; skim carefully ; boil quickly for five to ten minutes. To know if the jelly is ready, put a teaspoonful in a saucer in a cool place. If it stiffens immediately it is ready ; if not, boil for a few minutes longer. Put into pots and cover tightly with paper immediately.

Where strict economy is practised the fruit left in the muslin or cloth should be stewed with a little water and sugar, and eaten with rice or bread.

Jelly, Medlar.

Fill a preserving pan with ripe medlars, adding enough water to cover them, then boil till reduced to a pulp, and

keep stirring that it may not burn. Strain through flannel, add a pound of loaf sugar to each pint of juice, and boil till it becomes a stiff jelly.

This makes an excellent substitute for Guava jelly.

Jelly, Ox Foot.

Wash an ox foot thoroughly well ; divide it at the joints, put it into cold water, bring it to the boil, throw away the water ; wash it again, cover with clean fresh water ; simmer it slowly six hours, strain and allow it to get cold. Remove all the fat by means of an iron spoon dipped into hot water ; rub the surface over with a clean towel also dipped into hot water to remove every particle of fat. If there is any fat left on it the jelly will not be clear. Put the stock into a pan with the whites and shells of two eggs, half a pound of loaf sugar, the rind and juice of five lemons. Whisk over the fire until a stiff froth is formed on the top ; remove the whisk. Let it boil well up to the top twice ; put on the lid and allow it to stand perfectly still twenty minutes. Tie a clean thin kitchen towel on the legs of a chair, pass through it some hot water to warm it, then strain the jelly.

Note.—It should be strained near the fire, as in very cold weather it is apt to set in going through.

Jelly, Pine Apple.

Put into a saucepan one ounce of gelatine, half a pint of water, a quarter of a pound of loaf sugar, the rind and juice of two lemons, and nearly all the contents of a tin of pine apple (just keep out some nice pieces to set in the jelly), the whites and shells of three eggs. Whisk over a moderate fire until you get up a stiff froth which somewhat resembles soap suds ; remove the whisk, let it boil up twice ; put on the lid, allow it to stand perfectly still twenty minutes ; pass some hot water through a cloth and strain. Dip a mould in cold water, pour into it a little jelly, allow it to

set, then lay in some pieces of pine apple ; pour in a little more jelly, let it become firm, then drop in more pine apple, and so on till the mould is full. Turn out on a crystal dish, and serve with whipped cream. Sprinkle over a little crystallised sugar.

Note.—If a *fresh* pine is used, then a pint of water would be needed.

Jugged Hare.

For this dish let the hare hang at least two weeks after it is caught. Skin it and wash it well in several pans of cold water. Cut it in neat joints, dredge over with a little flour, and fry for a few minutes in some hot butter ; drain on porous paper, and put into a jar or jug with half a teaspoonful of salt, one wineglass of port wine, half a pint of good stock, one onion with three cloves stuck in it, half a small turnip, one carrot, a *bouquet garni* (consisting of a sprig of thyme, half a shallot, one clove of garlic, a piece of parsley and a bay leaf tied together), a small piece of celery or pinch of celery seed, twelve peppercorns, and a blade of mace ; cover the jar with a lid or piece of greased paper, stand it in a shallow pan containing hot water, and place it in a moderate oven to cook for three hours ; if more convenient, the jar may be put in a saucepan, with boiling water round the jar, and so cooked over the fire for three hours. At the expiration of this time take out the pieces of hare, and keep them hot, while you strain the gravy, and mix carefully with it one tablespoonful of rice flour and one tablespoonful of ketchup, quite free from lumps ; turn into a saucepan and stir over the fire till boiling, then arrange the pieces of hare on a hot dish, pour the gravy over, and serve. Red currant jelly and hot boiled potatoes should be served with this dish. Portions of a cold roasted hare may be treated in the same manner, but no frying will be required, and only one hour in the jar, with wine and stock according to the quantity of meat.

Julienne Soup.

Take three carrots, three turnips, the white part of a head of celery, three onions, and three leeks. Wash and dry the vegetables, and cut them into thin shreds, which should be not more than one inch in length. Place the shreds in a stewpan with two ounces of butter and a small pinch of pounded sugar, and stir them over a slow fire until slightly browned. Pour over them three quarts of clear stock (*see* CLEAR STOCK), and simmer gently for an hour, or until the vegetables are tender. Carefully remove the scum and grease, and half an hour before the soup is done enough, add two lumps of sugar. Boil half an hour longer. Skim carefully and serve.

Note.—This soup must not be boiled *quickly*, or it will spoil the colour. It should be a clear brown.

Kedgerree.

Boil some rice as for curry. Put into a saucepan one ounce of butter; allow it to melt; then stir into it equal quantities of cold cooked fish and boiled rice. Season with salt, and a grain or two of cayenne pepper. Stir over the fire till quite hot. Pile it on a hot dish. Cut into rings the white of a hard-boiled egg; place them all round the rice. Rub the yolk through a sieve over the top, and serve.

Keswick Buns.

Put into a pan three ounces of butter, three-quarters of a pint of milk, and three ounces of sugar; melt them over the fire. Cream half an ounce of German yeast with half a teaspoonful of salt; clean and carefully pick four ounces of currants; place in a bowl one pound and a half of flour. Strain into the centre the yeast; then add the milk mixture, just new milk warm. Knead it well together; set it in a

warm place to rise one hour and a half; add the currants; form into buns; place them on a greased tin; set to prove in a warm place half an hour; bake in a hot oven. When they are nearly done, brush them over with milk and sugar, and return to the oven to finish baking.

Kidney.

Take two sheep's kidneys, remove the skin and kernel; cut them half through; then toss in flour, pepper, and salt; fry them in some hot butter or dripping until thoroughly cooked. Wash a tablespoonful of parsley; wipe it dry in a cloth; chop it very finely. Mix with it one ounce of butter, a little salt and pepper. Place this in the centre of the kidney, and serve on hot toast.

Kromeskies.

Kromeskies are croquettes cooked in the Russian manner; they may be made with the remains of any cold meat, fish, or poultry. Prepare the foundation exactly the same as for croquettes; shape them like a cork instead of a croquette. Take a very thin slice of cooked fat bacon and roll each one neatly into it; then dip them into frying batter (*see* CHICKEN KROMESKIES, page 49); fry them in hot clarified fat a golden colour; arrange neatly on a hot dish, garnish with fried parsley, and serve very quickly.

Note.—Kromeskies may be made from any of the recipes given for croquettes, but should be cooked as above.

Larded Beef.

Take some fillets of beef; cut from the under-cut of sirloin about the size of the top of a breakfast cup. Cut some lardoons of bacon, which should be fat, and cut close to the rind; they should be about two inches long and the

third of an inch square. Put each lardoon into a larding needle, just so much as will hold it firmly; draw the needle through the beef and part of the lardoon with it, leaving about an inch on either side; repeat until the surface of the beef is covered with lardoons of bacon. Place the fillets on a deep baking tin, cover it with a buttered paper; bake twenty minutes in a hot oven; baste them constantly. When done put them on a hot dish, and pour over a sauce made as follows:—Take the tin in which the fillets have been cooked, pour off the fat, put in two tablespoonfuls of white stock and the same of cream, a little salt and pepper; stir over the fire till thick, and serve hot.

Lemon Cheese Cakes.

Bake some puff pastry in patty pans. When cold fill with the following mixture:—Put into a pan a quarter of a pound of butter; when it is melted, add to it one pound of castor sugar, the grated rind and juice of four good lemons, the yolks of six eggs and the whites of four all well beaten together. Stir the mixture over the fire until it is as thick as good cream; put it into pots; tie down. Will keep several months.

Note.—The mixture may be put into the pastry and baked in it, or not, according to taste.

(Another way.)

Cream the yolks of three eggs with two tablespoonfuls of castor sugar; whip up the whites to a stiff froth; add to the creamed yolks the rind and juice of three lemons and some spongecake crumbs passed through a sieve; add just enough to make the mixture thick; stir in lightly the whites, and bake in cases of puff pastry in a hot oven.

Lemon Cheese Cakes, Plain.

Cream the yolks of two eggs with two ounces of sugar ; stir in enough bread crumbs to thicken it ; whisk the whites to a stiff froth ; add them lightly. Make some short crust pastry (*see* SHORT CRUST), line some patty pans with it, three parts fill them with the mixture, and bake in a hot oven ten to fifteen minutes.

Lemon Jelly.

Put into a very clean pan one ounce of gelatine, three ounces of loaf sugar, the rind and juice of three large lemons, a pint and a quarter of cold water, the whites and shells of two eggs. Whisk all these over the fire till boiling and a stiff froth is formed on the top ; remove the whisk ; let it boil up to the top of the pan twice. Take care not to break the froth on the top : it is the coagulated albumen which forms the filter for clearing the jelly. Leave it quite still twenty minutes. Tie a clean thin kitchen towel over the legs of a chair ; place a basin underneath ; pass some hot water through it to warm the cloth ; then very carefully pour the jelly through. If it is not perfectly clear the first time, pass it through the cloth again. When nearly cold, pour it into a wetted mould, and set aside to stiffen. Turn it out on a crystal dish, and serve.

Note.—In peeling lemons be careful to take only just the thin yellow part. If you take any of the white with the yellow, it will spoil the jelly by making it bitter. Do not strain the jelly in a draught.

Lemon Pudding.

Put into a basin two ounces of breadcrumbs, two ounces of ground rice, two ounces of finely chopped suet, half an

ounce of candied peel finely cut up, the rind and juice of one good-sized lemon, two ounces of sugar. Mix these well together, then add two well-beaten eggs, and just enough milk to form a stiff batter; beat well together. Pour all into a well-greased basin or mould. Cover the top either with a lid or some greased paper. Steam it three hours (*see* Rules, p. 75).

Lemon Sponge.

Put into a saucepan half an ounce of gelatine, two ounces of loaf sugar, the rind of one lemon, and half a pint of cold water. Melt these carefully at the side of the fire, then strain it into a basin to cool for five or ten minutes, then add to it the juice of a lemon, and the white of one egg. Whisk till firm. Pour it into a wetted mould, or serve rocky on a crystal dish.

Lemon Trifle.

Take a large spongecake; slice it; place it on a glass dish; pour over it enough warm milk to soak it. Beat the yolks of three eggs with four tablespoonfuls of sugar; pour on them half a pint of boiling milk flavoured with lemon rind. Stir carefully. Return it to the pan. Pour it to and from the basin till thick. Allow it to cool. Pour it over the spongecake. When quite cold heap upon it the meringue of the whites, beaten to a stiff froth and flavoured with lemon juice. Sweeten with a tablespoonful of fine sugar.

Note.—The meringue should be made just before serving.

To make the meringue:—Put the whites of three eggs upon a dry plate with a pinch of salt to cool them; take a broad-pointed knife and whip them to a stiff froth, so that the plate will turn over, and the whites remain firm.

Lemonade.

Put into a jug two ounces of citric acid, two pounds of loaf sugar, and one quart of boiling water; stir it well. When nearly cold, add one teaspoonful of essence of ginger.

(Another way.)

Peel twelve lemons, remove all the white part; cut the centre of the lemon into slices; add two and a quarter pounds of sugar, one half pound of well washed barley; pour over two and a half gallons of boiling water; cover. Allow it to stand all night; strain and serve.

Note.—This is very good for immediate use.

Lemonade, Imperial.

Put into a bowl one pound of loaf sugar, one ounce of cream of tartar, one ounce of powdered ginger, the rind and juice of a lemon. Pour over it one gallon of boiling water. When new milk warm, add two tablespoonfuls of brewer's yeast; allow it to work twelve hours. Strain, bottle, tie down the cork. Ready for use in three days.

Lentil Soup.

Take one pint of Egyptian lentils; wash them several times till clean; put them into a pan with three pints of water or stock, one ounce of dripping or butter, half a teaspoonful of salt, a quarter of a teaspoonful of pepper, one grated carrot, and one onion scalded and finely minced. Boil till the lentils are soft. Put into a separate pan one ounce of fat; when it is melted, stir into it one ounce of flour, then add half a pint of milk; stir carefully to boiling. Pour this into the lentils and serve.

Lentils, Boiled.

Wash well the lentils several times until quite clean ; put them on to boil in cold water ; boil very gently till soft ; strain ; add a piece of butter, turn them into a vegetable dish, and serve hot.

Lights and Pluck, Stewed.

Well wash the lights and pluck ; cut them up into slices ; dry them in a cloth ; roll each piece in flour, pepper, and salt. Put into a pan one ounce of dripping, allow it to get quite hot ; fry the meat a nice brown on both sides ; stir into the dripping a tablespoonful of flour, add enough water to cover ; stir to boiling. Stew gently two hours and a half. Serve hot.

Lobster Cutlets.

Make a panada with one ounce of butter, one ounce of flour, and a quarter of a pint of milk ; melt the butter first, stir in the flour, add the milk, stir to boiling ; boil till it leaves the pan sides clean, about two minutes. Remove it from the fire ; drop in the yolk of an egg, and the juice of half a lemon, a pinch of cayenne pepper and salt. Chop finely half a tin of lobster, add it to the panada ; beat all well together, turn it out on to a plate to cool, then form them into cutlets with a little flour on the hand and a knife ; roll them in a beaten egg, toss well in bread crumbs. Allow them to stand twenty minutes ; repeat the egg and crumb ; fry in boiling fat a golden colour. Place a piece of parsley stalk in the top so as to look like a pear.

Note.—A blue steam must be seen to rise from the fat before the cutlets are put in.

London Buns.

Place in a basin three pounds of flour, rub lightly into it twelve ounces of butter ; cream two ounces of German yeast with a teaspoonful of sugar, strain it into the centre of the flour, then add half a pint of milk just warm. Drop in nine eggs, and then beat it with the hand till air bubbles arise ; cover it with a cloth, set it in a warm place to rise two hours. When this is done, and the dough has well risen, add to them threequarters of a pound of sugar, three ounces of candied peel, and threequarters of a pound of sultanas ; mix all well. Form them into small round buns, put some pieces of sugar on the top ; set them to prove in a warm place twenty minutes. Bake in a hot oven ten minutes.

Macaroni and Cheese.

Take a quarter of a pound of macaroni, and two ounces of grated cheese. Well wash the macaroni ; break it into small pieces, so as to look neat when helped ; drop it into boiling water, boil till tender without a lid. To prepare the sauce, place in a pan one ounce of butter ; cook well in it half an ounce of flour, add half a pint of milk, stir to boiling ; remove the sauce from the fire before putting in the cheese, or it would curdle ; and add half of the grated cheese, a pinch of salt and cayenne pepper, a drop of readymade mustard. When the macaroni is soft, drain it, and let the cold water tap run over it, "just to crisp it ;" grease a macaroni dish, put half the macaroni into it, pour over it half of the sauce, then add the rest of the macaroni, then the sauce ; cover over the top with the remaining half of the cheese. Place over it some small pieces of butter, and put into the oven to brown.

Macaroni with Tomatoes and Kidneys.

Wash two ounces of macaroni, boil it in stock until it is tender. Skin two sheep's kidneys, roll them in a little flour,

pepper and salt ; fry them in some hot butter or dripping a nice brown ; remove them from the pan, and cut up into small pieces. Stew them in some good well-seasoned stock or gravy ten minutes ; add half the macaroni ; stir it well in the pan to absorb the gravy, and two tablespoonfuls of tomato sauce. Serve on a hot dish ; garnish with the rest of the macaroni on the top and round the sides.

Macaroni Pie.

Wash two ounces of macaroni, and boil till quite tender in broth or stock, which should be boiling when the macaroni is put in. Cut it up in pieces about an inch in length, arrange a layer at the bottom of a pie-dish ; sprinkle over this a layer of grated cheese, next some minced mushrooms, onion, salt and pepper to taste ; then some small slices of cold cooked meat, next a cover of macaroni, and a layer of cheese on the top. Pour some clarified butter over the whole. Bake in a slow oven one hour.

Macaroons.

This is a delicate almond biscuit and is made as follows:— Take eight ounces of sweet almonds and two ounces of bitter almonds, blanch, dry, chop and pound them, with the white of an egg not beaten, and six ounces of fine sugar ; add more white until the whites of five eggs are well blended together with the almonds and sugar, mixing them carefully in one at a time. Put a sheet of wafer paper on a tin ; drop the mixture in pieces the size of a walnut, and two inches apart from each other. Bake in a slow oven half an hour. When done dry them near the fire and remove the paper. Keep them in bottles air-tight.

Mackerel à la Normande.

Wash, scrape, and dry three mackerel. Score them down

the back ; fill the gills with chopped onion, parsley, pepper, salt, and bread crumbs, mixed with one ounce of butter. Then sew up the gills, flour them, and lay them in a covered dish containing five ounces of boiling butter. Cook slowly in the oven twenty minutes, turning them occasionally.

Sauce.—One dessertspoonful of flour, a little lemon juice, mixed smoothly over the fire ; then add the liquor from the fish, and cook two or three minutes.

Magdala Pancakes.

Take the weight of two eggs in butter, sugar, and flour. Beat the butter to a cream, add it to the sugar, yolks of eggs, flour, and half a pint of milk ; beat well with a wooden spoon until it is a smooth batter. Whip up the whites to a stiff froth, with a tiny pinch of salt to cool them, and a knife on a dry plate. They are done when the plate will turn over and the whites remain firm. Mix them into the batter very lightly. Pour into buttered saucers about half full. Bake in a hot oven from fifteen to twenty minutes.

Marengo of Chicken.

This dish is supposed to have been invented by Napoleon after the battle of Marengo. He had some young chickens caught, killed, cut up into joints, and fried in oil ; but as he was in a great hurry, there was no time to skim off the oil. Marengo of chicken should therefore be sent to the table with the oil floating about the dish and over the sauce. People who are afraid of being made bilious drain the oil away, and their cookery is not historically correct. The following may be used where oil is not liked.—Put a tumbler of oil in a stewpan with a bunch of herbs, a blade of mace, six peppercorns ; when the oil is quite hot put in the joints of chicken to fry, then put them into a pint of brown stock

and simmer threequarters of an hour; add two table-spoonfuls of tomato purée, a tablespoonful of good brown gravy, a small pinch of sugar, a few drops of lemon juice. Arrange the chicken on a dish and pour the sauce over. It may be garnished with button mushrooms if liked.

~~Put into a bowl half a pound of flour, one teaspoonful of baking powder, and a pinch of salt; mix them well together. Put into a saucepan a quarter of a pint of milk~~
 batter; see that it is well covered with it. Have ready a pan of clarified fat on the fire; when a blue steam is rising from it, drop in the fritters, and fry to a golden colour; they will take about three or four minutes to brown in the fat.

Milk Biscuits.

Put into a bowl half a pound of flour, one teaspoonful of baking powder, and a pinch of salt; mix them well together. Put into a saucepan a quarter of a pint of milk
(Another way.)

Slice the oranges very thin without any preparation, and take out the pips. To each pound of sliced fruit add three pints of water; let it stand twenty-four hours. Boil it until the chips are tender; let it stand again twenty-four hours. Then weigh fruit and water together, and to every one pound, add one and a half pound of sugar. Boil the whole until the sugar jellies and the chips are transparent—about an hour and a half.

Mayonnaise of Salmon.

Take a piece of salmon; a middle cut is best. Plunge it into boiling salt and water. When cooked, remove the skin, set the fish aside to get cold. To prepare the sauce, beat the yolks of three eggs with half a teaspoonful of ready made mustard, half a teaspoonful of salt, a teaspoonful of vinegar; add, drop by drop *at first*, a quarter of a pint of salad oil; stir all quickly as you drop in the oil, and continue to do so till

they become thick. If too thick, a teaspoonful more vinegar may be added. This will make it easier to turn with the whisk. Continue to turn it until it is the thickness you require. Add to it some finely chopped parsley, or tarragon. Lift the fish on a dry dish, and cover with the mayonnaise ~~then remove it carefully to the dish you are serving~~ mixed smoothly over the fire; then add the liquor from the fish, and cook two or three minutes.

Magdala Pancakes.

Take the weight of two eggs in butter, sugar, and flour. Beat the butter to a cream, add it to the sugar, yolks of eggs, flour, and half a pint of milk; beat well with a wooden spoon until it is a smooth batter. Whip up the whites to a stiff froth, with a tiny pinch of salt to cool them, and ~~a knife~~ on a dry plate. ~~Then are~~ four tablespoonfuls of good stock, two tablespoonfuls of vinegar, a quarter of a teaspoonful of sugar, mustard, pepper, and salt. Mix well; then add four tablespoonfuls of cream. Stir till quite smooth, and serve.

(Another way.)

Break into a basin the yolk of an egg; stir it one way with a wooden spoon; add a very little salt, pepper, and a teaspoonful of vinegar; then drop by drop a quarter of a pint of the best Lucca oil. Add half a teaspoonful of white vinegar and the same quantity of tarragon vinegar; continue to beat it one way with the wooden spoon till it is quite thick, or it may be whisked with an egg-whisk.

Note.—This sauce demands time, patience, and nicety in mixing.

Meat Fritters.

Make a panada with one ounce of butter melted in a pan and one ounce of flour stirred into it; next add a quarter of a pint of milk; stir carefully to boiling; put into it three

ounces of cold meat finely cut up and seasoned ; stir them well together ; turn out on to a plate to get quite cold. Make a batter with a quarter of a pound of flour, a tablespoonful of salad oil poured into the centre, and one quarter of a pint of tepid water ; mix very carefully with a wooden spoon until quite smooth. Drop a spoonful of the meat mixture into the batter ; see that it is well covered with it. Have ready a pan of clarified fat on the fire ; when a blue steam is rising from it, drop in the fritters, and fry to a golden colour ; they will take about three or four minutes to brown in the fat.

Milk Biscuits.

Put into a bowl half a pound of flour, one teaspoonful of baking powder, and a pinch of salt ; mix them well together. Put into a saucepan a quarter of a pint of milk and one ounce of butter, melt the butter in the milk ; when just warm add it to the flour ; mix well ; knead it slightly on a floured board ; roll it out ; cut it into rounds with a floured cutter or tumbler ; prick, and bake on a greased tin twenty minutes.

Milk Rolls.

Take half a pound of flour, two ounces of butter, one teaspoonful of baking powder and *about* a quarter of a pint of milk. Rub the flour and butter lightly together with the tips of the fingers. Add the baking-powder, and then gradually stir in enough milk to make it a soft dough. Take rough lumps and place them on a floured flat tin. Bake in a quick oven till ready—about twenty minutes ; then place on a sieve to cool. If preferred the dough may be rolled into small oval shapes, and brushed either with milk, or with a slightly beaten egg to give them a glazed appearance. These rolls must be made as quickly as possible in order to be light.

Mince.

Cut up finely some cold meat ; put it into a pan with some good gravy well seasoned with pepper and salt ; allow it to get quite hot, but not to boiling-point. Serve with a wall of mashed potatoes, boiled rice, or sippets of toast.

Mince Collops.

Mince finely half a pound of uncooked beef ; melt an ounce of butter or dripping in a saucepan, put the meat into it, and stir very vigorously with a wooden spoon until brown, but not hard ; mix a tablespoonful of flour with half a teacup of cold water, add this and two small chopped onions (previously boiled). Stew together for an hour, stirring frequently to prevent the meat going into lumps. A quarter of an hour before serving add one tablespoonful of ketchup, a quarter of a teaspoonful of salt and pepper. Serve on a hot dish and garnish with small pieces of toast.

Mincemeat.

Peel, core, and chop finely one pound of apples ; stone and chop one pound of raisins, cut up finely a quarter of a pound of mixed peel, clean and carefully pick one pound of currants, add one pound of sugar, the grated rind and the juice of three good-sized lemons, a small teaspoonful of grated nutmeg, a small teaspoonful of salt, one tablespoonful of strawberry jam or marmalade, and one pound of beef suet finely chopped. Mix all the above ingredients very carefully together, then add a quarter of a pint of brandy to keep it. If it is to be used at once there is no need to add the brandy.

Mince Pies.

Make some good flaky crust or puff pastry (*see* PASTRY) ; line some patty pans with it, put in some of the above mince-

meat, cut a lid to fit the top of the pie ; wet round the edges, press them firmly together, cut them evenly. Ornament according to taste ; make a hole in the top. Bake in a hot oven fifteen to twenty minutes.

Mint Sauce.

Wash and dry in a clean cloth two tablespoonfuls of mint, put it on a board, and with a sharp knife chop finely ; put it into a boat with four tablespoonfuls of vinegar, and two of sugar. Stir till the sugar is melted, and serve with roast lamb.

Mutton, Boned and Stuffed.

Take a breast of mutton ; remove the bones carefully ; beat well to make it more pliable to roll up ; sprinkle over it a little pepper and salt, then make the stuffing as follows :—Rub one ounce of bread crumbs, mix with them one ounce of finely chopped suet, one tablespoonful chopped parsley, pepper and salt ; mix well together ; place it in the mutton, roll up, bandage firmly, place it in boiling water upon the bones with a piece of every kind of flavouring vegetable ; cook slowly two hours, then place it in the oven to brown for one hour. Make some good brown gravy and pour round the dish before serving. Brown some bread crumbs and sprinkle over the meat after basting with dripping just before sending to table.

Mutton Cutlets with Sauce.

Trim the cutlets neatly, leaving about an inch of the bone quite clean ; sprinkle over them a little flour, pepper, and salt. Break an egg on a plate ; beat it slightly with a fork ; brush each cutlet over with the beaten egg and a little

finely chopped parsley. Toss them in a sheet of paper containing bread crumbs. Put into a thick frying-pan two ounces of butter or dripping. When it is quite hot fry the cutlets carefully until they are a golden colour on both sides. A broad-pointed knife should be used to turn them, and they will take from seven to ten minutes to cook, according to the thickness.

Sauce.—Put into a saucepan one ounce of butter. When it is melted stir into it one ounce of flour; then add one pint of cold water or stock. Stir carefully till boiling. Season with pepper and salt to taste; also a tablespoonful of ketchup, Harvey's sauce, and browning. This may be served round the cutlets or in a tureen; and the cutlets arranged round a pile of mashed potatoes, and garnished with parsley.

My own Cake.

Cream six ounces of butter with four ounces of sifted sugar. Pass through a sieve four ounces of flour, and two ounces of rice flour. Add them to the butter. Also the yolks of four eggs well beaten, the rind of one lemon grated, the juice of half a lemon, one ounce of candied peel, two ounces of dried cherries, one ounce of angelica, finely mixed. Beat these altogether fifteen minutes; then add the whites of two eggs, whipped to a stiff froth. Bake in a tin lined with well-greased paper in a quick oven till done.

Nesslerode Pudding.

Boil twenty Spanish chestnuts till soft, remove the skin, pound them in a mortar, pass them through a sieve. Mix with them half a pint of clarified sugar (*see CLARIFIED SUGAR*), and ten drops of vanilla. Make a custard with the yolks of six eggs and half a pint of cream in a jug placed in boiling water. Stir carefully till thick; add to it the chestnuts,

also half a pint of whipped cream, half an ounce of dried cherries, half an ounce of dried apricots, cut up small. Mix all together and freeze, stirring it often from the outside. When it is well frozen, mould it, stand it on ice till wanted for use.

Note.—One glass of Maraschino wine may be added ; it much improves the flavouring of this pudding.

New Potatoes.

Wash them well in cold water ; rub off the skins ; place them in cold water until required to be cooked. Have ready a pan of boiling water. Add about a teaspoonful of salt to a quart of water. Put in the potatoes ; boil them briskly about ten minutes or a quarter of an hour till done. Drain off the water, cover them with a cloth, and leave them near the fire to dry. Serve hot with a little butter over them in the vegetable dish.

Nutritious Blanc Mange.

Melt three-quarters of an ounce of gelatine in half a pint of milk ; do not allow it to boil or it will curdle. Put into another pan half a pint of milk, two ounces of veal suet, and a piece of lemon rind ; simmer it very slowly twenty minutes. Strain, and add the melted gelatine, also a tablespoonful of sugar. Stir frequently till cold.

Oat Cakes.

Put into a basin two handfuls of meal, half a teaspoonful of carbonate of soda, a quarter of a teaspoonful of salt ; mix them well together. Then take some warm water, melt in it a small piece of dripping the size of a nut, add just enough water to make a stiff paste, form it into one lump, lift upon a floured board, roll it out very thinly, cut into shapes, and bake on a girdle.

Oatmeal Biscuits.

Place in a bowl seven ounces of flour, three ounces of oatmeal, three ounces of sugar, and a quarter of a teaspoonful of carbonate of soda ; mix all well together. Beat an egg with a tablespoonful of cold water ; melt three ounces of lard or butter ; mix all well together, form into one lump ; roll it out on a floured board very thinly ; cut it into rounds with a floured tumbler or cutter. Bake on a greased tin twenty minutes.

Oatmeal Drink.

This may be made either with milk or water in the following proportions :—One ounce of oatmeal to three pints of water or two pints of milk and one ounce of sugar ; mix the oatmeal with the cold milk or water. Simmer fifteen minutes ; strain and serve cold.

Onion Sauce.

Take two Spanish onions ; remove the skins, put them in a basin with half a teaspoonful of salt, a piece of washing soda the size of a pea ; pour over them some *boiling* water ; cover the top of the basin with a plate ; allow it to stand ten minutes. This draws out the greenness which produces indigestion. When this is done put the onions in fresh clean boiling water and boil them half an hour ; remove them from the water ; chop them up finely ; put them into three-quarters of a pint of milk at once to preserve the colour. Melt in a saucepan one ounce of butter ; stir into it half an ounce of flour, and the milk and onions. Stir to boiling ; boil two minutes, adding half a saltspoonful of pepper, a saltspoonful of salt ; it is then ready to serve.

Onion Soup.

Skin and scald two large onions (*see* ONIONS); dry them, cut them into thin slices; fry them in two ounces of hot fat till a pale yellow colour, then stir in one ounce and a half of flour. Next add three pints of cold water or stock; stir to boiling, then add half a teaspoonful of salt and a quarter of a teaspoonful of pepper. Simmer twenty minutes, stirring constantly. It may be passed through a sieve or not according to taste. Pour it into the tureen upon one ounce of grated cheese.

Onions.

Onions should always be scalded before cooking them in any form as follows:—Peel the onion, place it in a basin, cover it with boiling water, add half a teaspoonful of salt and a small piece of soda the size of a pea; put a plate on the top of the basin and allow it to stand ten minutes. This draws out the green indigestible part from the onion.

Onions, Boiled.

Take some Spanish onions peeled and scalded; put them on to boil in milk and water; boil till soft; thicken the milk with a tablespoonful of flour. Serve hot with the white sauce round in a vegetable dish.

Orange Jelly.

Put into a clean pan one ounce of gelatine, one pint of cold water, half a pound of loaf sugar, the rind and juice of one lemon, the juice of six good oranges, and the rind of three, the whites and shells of two eggs. Whisk all over the fire until a stiff froth is formed on the top, which somewhat resembles soap-suds; remove the whisk, taking care not

to break the froth ; allow it to boil up to the top of the pan twice, put on a lid, leave it quite still twenty minutes. Pass some hot water through a clean thin kitchen towel to warm it ; keep it near the fire ; pour the jelly very carefully through the cloth. If it is not perfectly clear the first time, then pass it through again.

Note.—There is no need to have a flannel bag for straining jelly. The coagulated albumen from the egg, and the acid from the fruit, form the filter on the top which really clears it.

Ox Tail Soup, Thick.

Take an ox tail ; cut it up into joints. Put into a pan one ounce of butter, brown the joints in it ; pour off the fat and add two and a half pints of water ; bring it to the boil ; throw in half a teaspoonful of salt ; remove the scum from the surface ; add a piece of turnip, carrot, onion, celery, a sprig of parsley and thyme, a quarter of a teaspoonful of pepper. Simmer slowly five hours. Break a tablespoonful of rice flour with a little ketchup, Harvey's sauce, and browning ; add it to the soup. Boil two minutes, and serve with the small joints of tail in it.

Ox Tail, Stewed.

Cut the tail in neat pieces, remove any fat, and place it in a saucepan ; when the fat is well melted, put in the tail to brown ; remove it ; take away all the fat, break a tablespoonful of rice flour with ketchup and Harvey's sauce ; put this into the saucepan, cover it well with stock or water, stirring carefully till boiling. Put in the tail, add a little celery seed, six cloves, ten peppercorns in a muslin bag. Stew three hours.

Oyster Patties.

Cut some rounds of puff pastry with a tin cutter ; take a smaller one, and cut them half through about an inch from the edge. Bake them in a hot oven. Put into a pan one ounce of butter ; when it is melted stir in one ounce of flour, next add the liquor from a tin of oysters, stir carefully to boiling, season with a little salt and cayenne pepper, the juice of half a lemon ; take about twelve fresh oysters or half a tin, cut them in half, and drop them into the panada, also two tablespoonfuls of cream ; mix well. When the rounds of pastry are baked, remove the lid and any soft part from the inside ; fill with the oyster mixture, put on the lid, and serve.

Note.—Patty-pans may be used instead of the rounds, and baked with a crust of bread in each one.

Oyster Sauce.

Melt in a saucepan one ounce of butter ; stir into it one ounce of flour, then half a pint of milk ; stir to boiling. Add a little salt, a grain of cayenne pepper, and the liquor from half a tin of oysters. Stir carefully, drop in the oysters cut in half, remove it from the fire, and serve hot.

Oyster Soup.

Melt in a saucepan two ounces of butter, cook in it one tablespoonful of corn-flour ; add two quarts of fish stock, made from the bones of fish (*see* FISH STOCK) ; a little grated nutmeg, salt, cayenne pepper, the liquor from a tin of oysters. Stir to boiling ; allow it to boil ten minutes ; this will enable all the fat and scum to rise to the top ; remove it carefully ; cut in half two dozen oysters, put them in the soup tureen, and pour the boiling soup on to them. The yolks of two eggs may be whipped with a gill of cream, and put into the tureen with the oysters, and the boiling soup poured upon them.

Oysters, Vol-au-Vent of.

Roll out some puff pastry rather more than an inch in thickness, and with a tin cutter cut out a piece of paste an oblong shape nearly the size of a small dish ; take a smaller cutter, and cut it half through an inch from the edge. Bake it in a hot oven ; remove the lid and any soft part from the inside ; fill with the above mixture for oyster patties ; put on the lid, and serve.

Parkin.

Mix three-quarters of a pound of oatmeal, six ounces of treacle, two ounces of butter, two ounces of moist sugar, one ounce of ground ginger. Mix into a paste with milk ; roll it out ; form into biscuits, and bake.

Parsnips, Boiled.

Wash the parsnips ; scrape them from the wider end ; put into a pan with plenty of boiling water to cover them, and a little salt. Boil them two hours if large. Serve in a vegetable dish with melted butter or not, according to taste.

Partridges.

Partridges, like other game, should be hung for some little time before cooking. They should be chosen young, and are in season from the first of September to the early part of February. They may be cooked in a variety of ways.

Partridges in Aspic.

Take a roasted partridge ; cut off some neat fillets from the breast ; remove the skin while the bird is hot. Put the fillets into a border mould. Cut all the meat from the bones of the bird ; put the bones into a pan to make aspic jelly (*see*

ASPIC JELLY.) Pour the jelly into the mould with the fillets. Set aside to become firm. Turn it out on a crystal dish; fill the centre with radishes and lettuce leaves; arrange round the outside the following balls:—Take the meat cut from the bones of the bird, chop it very finely, rub it through a sieve. Mix with it the yolks of two hard-boiled eggs, a tablespoonful of finely chopped parsley, a very little salt and pepper, a good tablespoonful of bread crumbs, and the yolk of one raw egg. Mix all well together. Form into balls with a little flour on the hand; brush over with a beaten egg; toss in a sheet of paper containing bread crumbs. Have ready a pan of hot fat on the fire; when you see a blue steam rise from it, drop in the balls and fry to a golden colour. When these are arranged round the mould, chop up some aspic jelly, of a lighter shade, and sprinkle over.

Partridges, Boiled.

Partridges are delicate and tender if carefully boiled, and form a suitable dish for delicate persons who are aged or invalids. Wash and truss them as chickens are trussed for boiling. Drop them into boiling water. Simmer slowly fifteen to twenty minutes. Serve with sliced lemon round the dish, bread sauce, and game gravy.

Note.—If preferred, a good white sauce may be poured over the birds.

Partridge Pie.

Take three young birds; pluck, draw, and singe them; cut them in halves, lengthwise; mince the livers finely, with a tablespoonful of finely chopped parsley, a saltspoonful of salt, half a saltspoonful of pepper, a very little ground mace, and two tablespoonfuls of bread crumbs. Mix the forcemeat well together with half an ounce of butter; put it into the birds. Take a shallow pie-dish, and line the edges with puff pastry. Lay a slice of lean veal at the bottom of the dish;

sprinkle over a very little salt, pepper, and powdered mace. Wrap the birds in thin slices of fat bacon ; pack them with the breast downwards upon the veal, and pour over them some good veal stock ; cover the top with puff pastry, ornament it prettily ; brush over with beaten egg. Bake in a hot oven for ten minutes ; then remove it to a cool part of the oven one hour and a half. This is suitable for breakfast, supper, or luncheon.

Partridges, Roast.

Pluck, singe, and draw the birds ; wipe them very carefully inside and out ; see that they are quite clean. Bring the head round and place it in the left wing, with the bill laid on the breast. Draw the legs close to the breast ; pass the trussing-needle and string through the pinions and middle joints of the thighs, tie firmly ; bring the needle through the back below the thighs, then again through the body and legs ; tie the strings firmly ; cover the breast with thin slices of fat bacon. Put the birds down before a clear bright fire ; baste them well—a brace will take from thirty to forty minutes to cook. When nearly done, flour them well so that they may brown nicely. The birds may be served on fried bread crumbs, or on a slice of buttered toast, or they may be put on a hot dish and garnished with watercresses. Brown gravy and bread sauce should be sent to table with them.

Partridges, Stewed.

Truss a brace of birds as for boiling ; put them into a stewpan with an onion prepared, a piece of carrot, celery, a bunch of sweet herbs, a blade of mace, a little salt and cayenne pepper. Cover with good brown boiling stock ; simmer very slowly till tender. Serve hot with onion or soubise sauce poured over, made with some of the liquid in which they were stewed.

Note.—Partridges may be stuffed as follows :—Dissolve

two ounces of butter in a stewpan. Have ready prepared one pint of small mushrooms ; cook them well in the butter ; add a little salt, a grain of cayenne pepper ; stir them over the fire ten minutes. Turn out the contents ; when cold, stuff the birds ; truss firmly, and roast or stew in the usual way.

Pastry, Economical Short Crust.

Put into a bowl half a pound of flour, a quarter of a teaspoonful of baking-powder, a teaspoonful of sugar ; rub very finely into it a quarter of a pound of dripping or lard ; make into a stiff paste with a little cold water with the tips of the fingers ; form it into one lump, leaving the basin clean ; put it on a floured board and roll out only once, and it is then ready for use.

Note.—Pastry should be put for the first fifteen minutes in a very hot part of the oven. See introductory notes on baking.

Pastry, Flaky Crust.

Place in a basin half a pound of flour ; drop in the centre the white of an egg beaten to a stiff froth, then add with the left hand just enough cold water to make a stiff paste, mixing it lightly with the right hand ; form it into a ball, leaving the sides of the basin clean. Roll it out on a floured board, cover all over with small pieces of butter, fold in three, turn the rough edges toward you, roll out again and cover with butter ; repeat until you have five ounces of butter rolled in ; it will take five times rolling. The butter should be added in very small pieces. When this is done, roll out three times and it is ready for use.

Pastry, Puff.

Take half a pound of Hungarian flour, pass it through a hair sieve into a basin ; make a well in the centre of the flour and pour into it a teaspoonful of lemon juice, then add

just enough cold water to make an elastic dough, mixing it lightly with the tips of the fingers of the right hand ; form it into one lump, leaving the sides of the basin clean. Turn it out upon a slightly floured board and knead it vigorously until perfectly smooth, and air bubbles rise ; it will take from ten to fifteen minutes ; then roll out to about half a yard in length. Put five ounces of butter into a bowl of cold water to wash out the salt ; wring it in the corner of a clean thin towel, form into a flat cake, and place it in the centre of the paste ; fold it in three, sealing up the edges all round the butter. Turn the paste round with the rough edges toward you, roll out carefully, fold in three, set it aside fifteen minutes ; repeat the rolling seven times, leaving it to stand in a cool place fifteen minutes between each rolling.

Note.—If preferred, equal quantities of flour and butter may be used for puff pastry, and must be baked in a hot oven.

Pastry, Rough Puff.

Put into a basin half a pound of flour, and break into it a quarter of a pound of butter, leaving it in pieces the size of a filbert. Take care to have the fingers well covered with flour before touching the butter. Make a well in the centre of the flour and squeeze in the juice of half a lemon, then add just enough cold water to make a stiff paste, and form it into one lump with the tips of the fingers ; lift it out on to a floured board, roll it out to about half a yard in length, fold it in three, turn the rough edges toward you, roll out again ; repeat until it has been rolled out three times, and it is then ready for use. This pastry may be used for meat pies or fruit tarts.

Pastry, Short Crust.

This is a sweet pastry, and is generally used for fruit tarts, tartlets, jam puffs, or anything sweet ; it is said to be more

digestible than any pastry that is made, owing to the lard or butter being so thoroughly mixed with the flour before the water is added. If baking-powder is used in pastry, it should be put into the oven to bake as quickly as possible. If there is no baking-powder in the pastry, it may be made several hours before baking it, wrapped in a damp linen cloth, and put on a dish in a cold place all night.

(Another way.)

Put into a basin three-quarters of a pound of flour, six ounces of butter, a tablespoonful of fine sugar ; rub the butter in very finely until it resembles bread crumbs. Next add just enough cold water to make a stiff paste, turn it out of the basin in one lump, place it on to a floured board, roll it out once, and it is ready for use.

Peas, Green, Boiled.

Choose peas that are young and freshly gathered. Shell them just before they are cooked ; put them into boiling water with a dessert-spoonful of salt to about half a gallon of water. Boil quickly without a lid until soft : young peas take about fifteen to twenty minutes. A bunch of fresh mint should be boiled in the water with the peas. Drain them ; put them in the pan with a little butter. When it is melted and mixed, pour them into a vegetable dish, and serve at once.

Note.—If they have been gathered twenty-four hours, half a teaspoonful of sugar must be put into the water in which they are boiled.

Pease Brose.

Put three tablespoonfuls of pease meal into a basin, a pinch of salt and pepper. Pour in gradually half a pint of boiling water, stirring it all the time with a wooden spoon. Pour the mixture into a pan, and boil five minutes.

Pheasant, Roast.

Pluck, singe, and draw a brace of pheasants. Wipe them well inside with a clean, damp cloth, then with a dry one; see that they are quite clean. Truss them firmly: they may be trussed either with or without the head. If the head is left on, it must be brought round under the wing, and fastened with a skewer, the bill being laid straight along the breast (*see* engraving.) The crop must be removed through a slit made at the back of the neck. Bring the thigh close to the wing, skewer it firmly, and tie the legs down. Tie round the breasts some slices of fat bacon; baste them well about threequarters of an hour, then remove the bacon, dredge some flour over, and brown them well. Serve with good brown gravy and bread sauce. Sometimes where the fashion is liked about a dozen of the best tail feathers are stuck into the bird when it is dished.

Pickle for Beef or Tongues.

Boil together two pounds of salt, one and a half pounds of bay salt, one and a half ounces of saltpetre, one and a half ounces of common soda, one pound of coarse sugar, and six quarts of water, twenty minutes; strain; allow it to get cold. Turn the meat every day for three weeks. This will keep good three months. It may then be boiled up again with a quarter of a pound of sugar, half an ounce of saltpetre, soda, bay salt, and one pound of common salt.

Pickled Cabbage.

Take a red or white cabbage; cut into thin slices, lay it in a large pan; sprinkle a layer of salt between each layer of cabbage, cover the top with salt, and leave it to stand two days. Turn them every morning and evening, and sprinkle a little salt over the layers each time they are turned.

Put a gallon of vinegar into a pan with twenty-four cloves, two blades of mace, twenty-four allspice berries, three pieces of ginger about an inch long, bring it to the boil; pour it into a pan to get cool, then pour it over the cabbage and tie down.

Pigeon Trussed and Roasted.

To truss for roasting:—Cut off the head and neck, and the toes at the first joint; wash and dry the birds carefully. Fill them with forcemeat; place the wings over the back: the gizzard may be put in one of the wings. Truss them firmly with a trussing needle and string; tie securely; cover the breasts with slices of fat bacon; roast from twenty to thirty minutes. Serve the birds on a hot dish, removing first the string; pour over them a good brown gravy (*see GRAVY FOR GAME*) and send bread sauce to table with them. The forcemeat is made as follows:—Mince the livers of the birds finely; mix with them double the quantity of bread crumbs, a tablespoonful of finely chopped suet, the same quantity of finely chopped parsley, half a saltspoonful of salt and a quarter of pepper, mace, and powdered thyme. Mix them well together and bind with an egg.

Pig's Head Brawn.

Wash the head in several waters, and rub it well with salt; remove the eyes and nostrils. Put it into a large vessel; cover it with pickle; allow it to stand four days, turning it each day, and rubbing it with salt. When this is done put it into a pan, cover it with warm water, bring it to the boil, throw in a teaspoonful of salt. Remove the scum as it rises; then add a piece of turnip, carrot, celery, onion, shalot, a blade of mace, twenty peppercorns, and a sprig of parsley and thyme. Simmer very slowly six hours; remove the bones; cut up the meat in small pieces. Strain over it

some of the liquor in which the meat has been boiled, which should be a stiff jelly. Boil it until clear; pour into basins or moulds to set.

Note.—The pickle is made as follows :—Boil together one gallon of water, a pound and a half of salt, half a pound of brown sugar, for fifteen minutes; remove the scum as it rises; strain it into a large vessel; allow it to get cold and it is ready for use.

Plaice Stuffed and Baked.

Wash a tablespoonful of parsley; dry it in a cloth; chop it very finely. Skin and scald an onion; chop it also very finely. Mix together the parsley, onion, a tablespoonful of bread crumbs, a quarter of a teaspoonful of salt, a quarter of a teaspoonful of pepper, one ounce of dripping. Shred very finely, and bind together with a tablespoonful of milk.

Wash the fish; cut off the fins; scrape it well from the tail. When quite clean make an incision down the back of the fish, and on either side of the back bone, so as to form two pockets. Fill them with the stuffing. Put the fish on to a greased baking tin; sprinkle over it some bread crumbs, and a few pieces of clarified fat. Bake it in the oven for twenty to thirty minutes, according to the thickness of the fish.

Note.—This dish may be improved by a few drops of lemon juice or vinegar before baking.

Plum Pudding, Christmas.

Put into a basin half a pound of bread crumbs, half a pound of flour, half a pound of finely chopped beef suet, half a pound of sugar, half a pound of well-cleansed currants, half a pound of raisins, one teaspoonful of ground ginger, one teaspoonful of ground cinnamon, a quarter of a pound of candied peel, the rind of one lemon grated, half a teaspoonful

of grated nutmeg, half a teaspoonful of baking-powder. Mix all very carefully together, then add four well-beaten eggs, and a quarter of a pint of milk. When the pudding is thoroughly mixed, pour it into a quart mould well buttered; cover the top either with a lid, greased paper, or a cloth; place it in a pan of boiling water, and boil it six hours. Serve with a good sweet sauce or not, according to taste.

Porridge.

This excellent food may be prepared in a variety of ways, but if it is being made for any one employed in the open air, it should be put into *boiling* water or milk and boiled ten minutes, stirring frequently to prevent burning. If prepared for delicate persons who cannot take much outdoor exercise, it should be put on in *cold* water or milk and boiled two hours. When used for breakfast it should be soaked in water or milk all night.

Potato Cheese-Cakes.

Take six ounces of boiled potatoes, pass them through a sieve; then mix with them four ounces of candied peel finely cut up, four ounces of sugar, four ounces of butter, and two tablespoonfuls of cream. Blend all well together. Line some patty-pans with flaky crust, cut them evenly round the edges, put in some of the potato mixture, and bake in a hot oven fifteen minutes.

Potato Chips and Ribbons.

Peel some potatoes very thinly, because the best part is close to the outside. Cut some into narrow strips, and cut some round and round the potato in the form of ribbons. Wipe them all dry in a clean cloth. Fry them in hot fat a golden colour.

Note.—The fat should not be quite so hot as for other things, as the potatoes are raw, and need not only browning but cooking.

Potato Croquettes.

Take half a pound of mashed potato ; mix with it half an ounce of butter, the yolk of one egg, a tablespoonful of milk. Beat all well together with a quarter of a teaspoonful of salt, a pinch of pepper over the fire until the heat of the potato dries the egg. Form into balls with a little flour on the hand ; brush over with the beaten white ; toss in bread crumbs ; fry in hot fat.

Potato Pie.

This is only made with cooked meat. Cut up cold meat in a sloping way, with, not against, the grain. Fry a sliced onion brown. Strain off fat ; add a little second stock, or broth ; a tablespoonful of flour and Harvey's sauce ; bring to the boil, but do not allow it to boil after the meat is stirred in. Let the mixture cool a little to let the steam off. Mash some cold potatoes (cooked) ; add a little butter and milk. Lay them on the top of the meat ; score across with a knife ; put into the oven. This is ready as soon as it is browned, *i.e.*, in about ten minutes. If washed over with a little milk it is more shining.

Potato Pudding.

Pass a quarter of a pound of potatoes through a sieve ; mix with them three ounces of butter, the beaten yolks of three eggs, and the grated rind of one lemon. Beat the whites to a stiff froth on a clean plate with a knife, and a tiny pinch of salt to cool them. Mix all lightly together. Cover the bottom of a greased pie-dish with jam ; pour over it the potato mixture, and bake in a moderate oven twenty minutes.

Potato Salad.

Cut up some of almost any kind of cooked vegetables into thin slices—potatoes, beetroot, gherkins, &c. Wash some lettuce, cress, mustard and watercress in plenty of clean water: examine it carefully to see there are no insects or eggs of insects left between the leaves. Shake them well in a dry cloth; arrange them alternately with the cooked vegetables; sprinkle between each layer some capers and scraped horseradish. Pour over some salad sauce or serve it in a salad bottle.

Potato Snow.

Choose white potatoes; wash and brush them well. Boil them in their skins (*see* POTATOES) slowly until they begin to crack; lift them carefully out, remove the skins, rub the potatoes through a hot wire sieve into a hot dish in which they are to be served so that they fall lightly into it. Do not disturb them after they have fallen through. Serve quickly.

Potato Soup.

Take one pound of potatoes; wash and peel them very thinly, because the best part is close to the skin; cut them into slices and parboil them. When this is done add three pints of clean fresh water or stock to the potatoes, and one onion prepared (*see* ONIONS) and chopped, half a teaspoonful of salt, a quarter of a teaspoonful of pepper, a quarter of a teaspoonful of sugar, and one carrot grated. Simmer all slowly twenty minutes, then shake in one tablespoonful of fine sago. Boil ten minutes more. Rub the potatoes quite smooth through a sieve, return the soup to the pan, and add half a pint of milk. Bring to the boil and serve hot.

Note.—To parboil potatoes is to partly boil them. Before making potato soup, hash, or stew, they should always be

parboiled, or boiled for ten minutes, and the water thrown away, because the first water is rendered unwholesome. Potatoes belong to the botanical family *Solanaceæ*, and have in a slight degree the same poisonous property which exists so strongly in nightshade and belladonna.

Potato Surprise.

Scoop out the inside of a sound potato, leaving the skin attached on one side in the form of a lid. Mince finely the lean part from a mutton chop, add to it a little salt and pepper, put it in the potato with some good gravy, and bake in the oven fifteen minutes. Serve in the skins ; add a little more hot gravy if the mince seems dry.

Potatoes à la Duchese.

Bake six good-sized potatoes, remove the skins, pass them through a sieve, put them into a saucepan with one ounce of butter, a little salt and pepper, a grate of nutmeg, and the yolks of three eggs. Stir all over the fire until they leave the pan sides clean ; turn them out on to a plate to get cool. Put a little flour on a board and on the hand. Take a broad-pointed knife, dip it in flour ; form the potato mixture into oblong shapes to resemble a pear ; fry them on both sides a delicate golden-brown colour. Place a piece of parsley stalk in the top of each one ; dish them neatly, and pour over a good cream sauce made as follows :—Melt in a pan one ounce of butter, stir into it one ounce of flour. When this is done add a quarter of a pint of cream and the same of milk ; stir to boiling ; add a little finely chopped parsley.

Potatoes, Boiled.

Wash and brush the potatoes well, but do not break the skins. Throw them into boiling water. In two minutes

draw the saucepan to the side of the fire, and do not allow the water quite to reach boiling-point again. The first plunge into boiling water hardens the outside of the potato, and the subsequent application of heat causes the starch grains to swell, until they at length burst the outer skin, and a *mealy* potato is presented as the result. Potatoes should be chosen as nearly of one size as possible in order that they may be equally cooked. When they are quite soft drain from them the water; cover them with a cloth; allow them to stand in a warm place to dry. Then remove the skins and serve hot.

The virtues of a potato are to be mealy when boiled, and to mash readily into a smooth *purée*. This shows that the starch granules are in a healthy condition, and that they absorb water and burst the envelopes of glutinous matter which the heat has coagulated. Potatoes are valuable as a preventive against scurvy, containing lime, salts of potash, &c. Those grown on a light sandy soil are said to be the most mealy.

Preserved Oranges.

Put twelve sweet oranges into a jar, cover them with cold water, cook slowly fifteen minutes; pour away the water, add clean fresh water, return them to a cool oven; cook till soft. Cut them up into small pieces; put them in a pan with their weight in sugar, also the juice. Boil twenty minutes, or till it sets. Pour into jars, cover with tissue paper brushed over with white of egg.

Prunes, Shape.

Wash half a pound of prunes; put them into a pan with eight lumps of sugar, and enough water to cover them. Cook them slowly over the fire till they are soft; take out the stones, crack them, put the kernels into the fruit and juice. Melt half an ounce of gelatine in a pan with the

juice of one lemon, and just enough water to cover it. Strain it to the prunes. Stir all over the fire till thick ; pour into a wetted mould till cold ; turn out, and serve with whipped cream.

Pudding, Albert.

Beat to a cream a quarter of a pound of butter ; add to it a quarter of a pound of sugar, the grated rind of one lemon. Put the whites of three eggs upon a dry plate with a pinch of sugar ; whip them to a stiff froth. Beat well the three yolks. Mix them and a quarter of a pound of flour alternately to the pudding, and lastly, stir in lightly the whites. Have ready a buttered china mould ornamented with raisins ; pour the mixture therein ; cover the top with a buttered paper, and steam it one hour and a half.

Note.—There are three rules to be observed in steaming. 1st, Allow the boiling water to come only half way up the sides of the mould. 2d, Add *boiling* water as it reduces or the pan would boil dry. 3d, Have a tightly fitting lid to the pan in which you are steaming.

Pudding, Alexandra.

Mix four ounces of bread crumbs, four ounces of fine castor sugar, the yolks of four eggs well beaten, and the rind of one lemon, with a pint and a half of fresh milk. Bake in a mould for one hour. Beat the whites stiff with one ounce of powdered sugar and the juice of the lemon. Place over the turned-out pudding, and return to the oven and brown slightly.

(Another way.)

Put six yolks of eggs into a basin, with two ounces of fine sugar. Stir them one way with a wooden spoon ten minutes ; add half a pint of cream, a quarter of a pint of milk, half a teaspoonful of essence of vanilla, and lastly, stir in lightly

the beaten whites of five eggs. Pour it into a buttered mould ; cover the top ; steam very slowly one hour and a quarter. Turn out. When quite cold, serve with red currant jelly.

Pudding, Amber.

Take one pound and a half of cooking apples ; peel them ; core them ; cut them into slices. Put them into a pan with five ounces of sugar, one ounce of butter, the rind and juice of one lemon. Cook them over the fire till soft. Pass them through a sieve into a basin ; then add the yolks of three eggs, well beaten. Whip up the whites of the three eggs to a stiff froth on a clean plate with a dry broad-pointed knife and a pinch of salt. Line a flat dish with puff pastry, and fill the centre with crumpled paper, to prevent it rising to the top of the dish. Bake it in a hot oven ; remove the paper ; fill the centre with the apple mixture ; pile on the top the whites of the eggs ; ornament with strips of angelica and dried cherries. Sift over some fine sugar, and place it in the oven to take a pale brown.

Pudding, Apple.

Put into a bowl half a pound of flour ; chop finely a quarter of a pound of suet ; add it to the flour with a pinch of salt and mix them well together. Make into a stiff paste with cold water, forming the paste in one lump with the tips of the fingers on the right hand ; roll it out on a floured board. Line a pudding basin with it, cut it evenly round the edges with a sharp knife ; fill it with apples, put a table-spoonful of sugar in the middle of the apples. Roll out the remaining piece of paste, wet round the edges, and cover the top ; cut it evenly ; tie firmly over it a pudding cloth. Plunge it into boiling water and cook two hours.

Note.—Take care more boiling water is added as it reduces, or the pan will boil dry.

Pudding, Apricot.

Take six apricots ; cook them ; remove the skins and stones, crack them, pound the kernels with six dessertspoonfuls of sugar. Crumble four penny spongecakes ; pour over them one breakfast cup of boiling milk ; allow them to soak ten minutes ; mix all well together. When cool add three well-beaten eggs ; beat well, pour into a greased pie-dish, and bake in a good oven twenty to thirty minutes. This may be served hot or cold ; if cold, it should have a custard sauce poured over.

Pudding, Arrowroot.

Put into a basin half an ounce of arrowroot, one teaspoonful of sugar. Mix it quite smooth with a wooden spoon and a little milk. Then pour over it half a pint of boiling milk, stirring all the time ; return it to the pan and boil it three minutes. Pour it out into a dish to cool. Beat the yolk of an egg with a fork in a basin ; put the white upon a clean dry plate with a pinch of salt ; beat it to a stiff froth with a knife. When the arrowroot mixture is quite cool, add to it the egg, stirring the *white* very lightly in. Pour all into a well-greased dish, and allow it to brown ten minutes in an oven or before a fire.

Pudding, Ashantee.

Put into a basin two ounces of finely chopped suet, two ounces of bread crumbs, one ounce of ground rice, a quarter of a teaspoonful of baking-powder, the grated rind of half a lemon ; mix all well together ; moisten with a well-beaten egg and a very little milk. Pour it into a buttered mould. Cover with a buttered paper ; steam one hour and a quarter. Serve with lemon sauce.

Note.—See RULES FOR STEAMING, page 75.

Pudding, Aunt Elizabeth's.

Take a breakfast-cup of stale bread, break it into small pieces, pour over it a pint of cold milk, let it soak an hour. Beat it well with one ounce of sugar, one ounce of butter, the grated rind of one lemon, and the yolks of two eggs. Pour it into a buttered pie-dish, and bake half an hour; then spread a layer of jam on the top, and pile upon it the whites of the two eggs beaten to a stiff froth. Sift over some sugar, and place it in the oven to take a pale brown.

Pudding, Baked Apple.

Cook one pound and a half of apples with one ounce of butter, six ounces of sugar, till soft; pass them through a sieve. When cool add the beaten yolks of four eggs, and a little lemon flavouring. Line the edges of a pie-dish with puff pastry; ornament them with a border and rounds. Pour the mixture in and bake about half an hour; pile the beaten whites on the top. Sprinkle over a little sugar, and brown it in the oven.

Pudding, Bakewell.

Line a flat dish with puff pastry, ornament the edge; brush with milk, and sift a little sugar over. Put a layer of plum jam about a quarter of an inch thick all over the bottom of the dish. Place in a basin the yolks of four eggs and the white of one, a quarter of a pound of sugar, a quarter of a pound of butter beaten to a cream, and a few drops of almond flavouring; beat ten minutes. Pour this over the top of the jam, sprinkle over some sugar, bake one hour; cover with a buttered paper.

Pudding, Bread.

Take two tablespoonfuls of bread crumbs, three lumps of sugar, half an ounce of butter; pour over them a quarter of

a pint of boiling milk ; soak them ten minutes. Beat up an egg, add it when the mixture is cool. Grease a basin thoroughly ; put the pudding mixture into it ; cover with a greased paper. Have enough boiling water to come half way up the basin in a saucepan, and steam for two hours. Take care to have a tightly fitting lid, and add more *boiling* water as it reduces.

Pudding, Bread and Butter.

Butter a pie-dish, place in it some currants, then some thin slices of bread and butter, lightly, taking care to put the buttered side downwards ; sprinkle a few currants between the layers of bread and butter. When the dish is about three parts full pour slowly and carefully over it the following custard :—Beat well two eggs with a tablespoonful of sugar. Pour over them threequarters of a pint of boiling milk, flavoured with lemon rind, and a little grated nutmeg ; stir well together ; allow the bread and butter to soak in it half an hour before baking it. Put it into a slow oven to bake twenty minutes.

Pudding, Cabinet, Cold.

Wet a mould with cold water, and decorate the bottom with dried cherries or any kind of fruit ; lay in some slices of spongecake lightly across up to the top of the mould. Make a custard with half a pint of boiling milk poured on to two well-beaten eggs and stirred over the fire till thick ; it must not be allowed to boil or it will curdle. Melt one ounce of gelatine in half a pint of warm milk ; when it is cool, strain it to the custard, and add two ounces of sugar. Pour this carefully and slowly over the sponge cake so as to soak it thoroughly well ; set aside to get cold. Turn out on a crystal dish and serve cold.

Pudding, Cabinet, Hot.

Boil one pint of milk in a clean pan with a piece of the yellow part of a lemon to flavour it ; pour over three well-beaten eggs, a tablespoonful of sugar, and a little grated nutmeg. Butter a mould or basin, ornament it with stoned raisins ; cut some slices of bread and butter into fingers, lay some lightly in the mould, sprinkle between each layer of bread and butter some sultanas. When the mould is full, pour in the custard, cover the top with a lid or buttered paper ; place it in a saucepan of boiling water, allowing the water to come only half way up the sides of the mould ; steam it thirty-five minutes. Turn it out of the mould and serve with the following custard sauce :—Beat two eggs with a tablespoonful of sugar, and pour over them half a pint of boiling milk, stirring briskly all the time ; return it to the pan ; stir over the fire a few seconds till thick. Do not allow it to boil, or it will curdle.

Pudding, Canary.

Take three eggs and their weight in sugar and butter ; cream the butter and sugar together. Add the rind of one lemon grated, the yolks and whites beaten together, and lastly, the weight of two eggs in flour. Pour in a greased mould, cover it with a greased paper, and steam two hours, allowing the boiling water to come half way up the sides of the mould.

Pudding, Cheese.

Put into a saucepan half a pint of milk and one ounce of butter. When it boils pour it over a breakfast-cup of bread crumbs ; allow them to soak ten minutes, then add a quarter of a pound of grated cheese. Stir all over the fire till thick ; do not allow it to boil or it will curdle. When this is done turn it out into a basin. After it is quite cool, mix in

two well-beaten eggs, a tiny pinch of salt, pepper, and mustard. Pour the mixture into a greased pie-dish ; cover the top with some small pieces of butter. Bake it in a moderate oven fifteen minutes.

Pudding, Chestnut.

Take twenty fresh chestnuts ; boil them three-quarters of an hour, blanch and beat them in a mortar to a paste. Beat six eggs, leaving out two whites, a little cinnamon and salt ; mix all together ; add a pint and a half of sweet new milk, and two ounces of butter melted. Sweeten to taste. Line your dish with puff paste or rough puff, pour in the pudding, and bake it.

Pudding, Cocoa-Nut.

Put into a basin a breakfast-cup of bread crumbs, pour over them half a pint of boiling milk, cover the basin, and allow them to soak ten minutes. Beat two ounces of butter to a cream with four ounces of sugar ; add to them the yolks of four eggs well beaten, half a pound of cocoa-nut grated, the juice of one lemon, and the soaked bread crumbs. Mix in very lightly the whites, which must have been beaten to a stiff froth. Blend all well together. Pour into a greased mould, cover the top with a buttered paper or a lid, place it in a saucepan of boiling water, allowing the water to come half way up the sides of the mould. Steam it two hours.

Note.—More *boiling* water must be added, as it is needed to cook the pudding.

(*Another way.*)

Put into a basin a quarter of a pound of grated cocoa-nut, a quarter of a pound of grated bread, two ounces of finely chopped suet, a quarter of a pound of sugar, half a teaspoonful of lemon juice ; mix well ; pour over three-quarters

of a pint of boiling milk ; cover the basin, allow it to stand ten minutes. Butter a mould, ornament it with cherries or raisins. Beat up the yolks of four eggs, add them to the pudding ; mix well, and stir in lastly and lightly the whites, which must have been beaten to a stiff froth. Pour into the mould ; cover with greased paper ; steam one hour and a half. To steam it is to place it in a pan of boiling water, allowing the water to come half way up the sides of the mould, being careful to add more water as it boils away.

Pudding, Conservative.

Place in a basin one ounce of ratafia biscuits, one ounce of macaroons, two ounces of sliced sponge-cake ; pour over them a quarter of a pint of boiling milk ; cover the basin and allow them to soak half an hour, then beat them well with a fork ; add to them the beaten yolks of three eggs and half a tablespoonful of sugar. Have ready a mould greased and ornamented with raisins or dried cherries, pour the pudding into it ; cover securely with a buttered paper ; place it in a pan of boiling water ; steam till firm in the centre. Serve with custard sauce.

Note.—The boiling water must only come half way up the sides of the mould.

Pudding, Crystal Palace.

Melt very carefully half an ounce of gelatine in one pint of milk ; do not allow it to boil or it will curdle. Strain it into a basin to cool. Break two ounces of corn flour with a little cold milk, pour over it a pint of boiling milk, stir vigorously until boiling, boil it ten minutes ; add two and a half ounces of sugar, pour out into a basin to cool. Beat well four eggs, add them when the mixture is cool ; mix the gelatine and corn-flour all together ; wet a mould, ornament it with dried cherries ; pour in the pudding ; set aside to get cold. Turn out on a crystal dish and serve.

Puddings, Cup.

Take two eggs and their weight in butter, sugar, and flour ; cream the butter, add the sugar, next the beaten eggs, and lastly the flour, with half a teaspoonful of baking-powder mixed well in it ; pour into buttered cups, and bake a golden colour.

Pudding, Curates'.

Boil some potatoes, pass them through a sieve. Beat the yolks of three eggs with one pint of milk and three ounces of sugar ; whip up the whites of the eggs to a stiff froth on a dry plate with a pinch of sugar and a broad-pointed knife. Put into a bowl one pound of the potatoes, the milk, yolks, sugar, and lastly the whites of eggs ; pour into a buttered pie-dish. Bake twenty-five minutes in a moderate oven. Sift some fine sugar over it and serve hot.

Pudding, Custard.

Beat the yolks of four eggs with a tablespoonful of sugar, pour over them one pint of boiling milk and a little grated nutmeg ; beat up the whites to a stiff froth on a clean dry plate with a knife and a pinch of salt. Line the edges of a dish with pastry ; mix the whites and yolks together and pour it into the dish ; put it into a hot oven to bake at once.

Pudding, Diplomatic.

Select a mould in which a pound jam pot will stand, soak them both well with cold water. Make a good pint of orange jelly (*see* ORANGE JELLY) ; pour about an inch into the bottom of the mould, allow it to set, then place the jam pot in the centre on the top of the jelly. Put a weight in it just enough to keep it firm, then pour round it more jelly so as to come to the top of the jam pot ; set aside to get

cold. Prepare now the custard for the centre of the pudding. Boil half a pint of milk, pour it over the beaten yolks of four eggs and two ounces of fine sugar; return it to the pan, stir carefully till thick, do not allow it to boil, flavour it with six drops of essence of almonds. Break into it two penny spongecakes and two ounces of ratafia biscuits. Melt very carefully and slowly one ounce and a half of gelatine in a quarter of a pint of milk—it must not boil or it will curdle; strain it, set aside to get cool. When it is cool add it to the custard, ratafia biscuits, and sponge cake. Put a little warm water in the jam pot, remove it carefully from the jelly, and pour in the custard, cake, &c. : it should be quite cool before it is put in. When it is set, fill up the mould with jelly, so as to have jelly all round and custard in the centre. Turn out on a crystal dish; chop some red and yellow jelly and ornament the pudding tastily with it.

Puddings, Eve's.

Beat six ounces of butter to a cream with six ounces of sugar; add the grated rind of half a lemon, the yolks of four eggs, six ounces of flour gradually, two ounces of sweet almonds blanched and pounded. Beat the mixture till air bubbles rise. Whip up the whites to a stiff froth with a tiny pinch of salt and a knife, add them lightly. Have some small tins well greased, half fill them with the mixture, and bake them a golden colour.

Note.—These may be served hot as a pudding, or cold as an afternoon tea cake.

Pudding, Hamilton.

Place in a saucepan half a pint of milk, and in it three-quarters of an ounce of gelatine. Melt it carefully; do not allow it to boil, or it will curdle; strain it into a basin. When it is quite cool, add it to half a pint of cream sweetened and flavoured to taste. Have ready a mould that has

been dipped into cold water ; pour into it sufficient to cover the bottom about an inch in thickness ; set it aside in a cool place to become firm. Cut four small penny spongecakes in slices, spread apricot jam between the slices, squeeze over some orange juice ; stand them up on an end in the mould, leaving about half an inch all round the outer edge ; pour in the rest of the cream, &c. Put it in a cold place to stiffen. Turn it out on a glass dish. Serve with good custard sauce or not, according to taste.

Pudding, Indian.

Butter a mould and ornament it with dried cherries. Put into a basin two penny spongecakes ; pour over them half a pint of boiling milk. Cover the basin and allow them to soak ten minutes ; then beat in one ounce of fine sugar, the yolks of three eggs, and the juice of half a lemon. Put the whites upon a clean dry plate ; add to them a tiny pinch of salt. Take a broad-pointed knife and whip them up to a stiff froth, stir them lightly into the pudding, pour into the mould, cover the top securely with buttered paper, and steam two hours.

Note.—The best method of steaming is to place the mould in a pan of boiling water, allowing the water to come half way up the sides of the mould. Cover with a tightly fitting lid. Add more *boiling* water as it reduces.

Pudding, Marlborough.

Take two penny spongecakes ; cut them in half ; spread some jam between ; place them in a buttered pie-dish. Cream well together two ounces of butter, two ounces of sugar, and the yolks of two eggs. Put the whites upon a clean dry plate with a tiny pinch of salt ; take a clean dry knife and beat them to a stiff froth. Mix them lightly with the other ingredients ; pour all over the spongecakes. Bake in a moderate oven ten minutes.

Pudding, Orange.

Take four oranges and their weight in sugar. Cut them in quarters ; remove the pips ; pound the oranges in a mortar with the sugar, then pass them through a sieve ; add to them the yolks of four eggs, and the whites of two well-beaten together ; also an ounce and a half of butter melted. Mix all well together. Line a dish with rough puff pastry ; pour in the mixture ; twist some bars across, and bake in a hot oven.

Pudding, Rice.

Wash one ounce of rice ; burst it in cold water, that is, put it into a pan, cover it with cold water ; bring it to the boil ; drain off the water ; put the rice into a greased pie-dish with a tablespoonful of sugar, a very little grated nutmeg, and half a pint of milk. Cook it very slowly two and a half hours.

Note.—Rice is better for being soaked all night in milk.

Pudding, Semolina.

Put three-quarters of an ounce of semolina into a saucepan with half a pint of cold milk. Bring it slowly to the boil, and simmer till quite soft, stirring all the time. Remove the pan from the fire ; pour the semolina into a basin to cool ; add a tablespoonful of sugar and a little grated nutmeg. Break the egg, separate the yolk from the white ; put the yolk into the semolina ; stir well ; beat up the white to a stiff froth, mix it lightly and thoroughly with the other ingredients ; pour into a pie-dish, and bake in a moderate oven or before the fire till it is a golden colour.

Pudding, Steamed Batter.

Put into a saucepan one ounce and a half of butter ; let it melt over the fire ; stir into it one ounce and a half of flour, a quarter of a pint of milk ; stir vigorously until it forms into one lump ; add one ounce of sugar, the grated rind of half a lemon ; mix well together. Remove the pan from the fire and drop in the yolks of three eggs ; beat the mixture well with a wooden spoon ; whip up the whites to a stiff froth ; add them lightly. Grease a mould, cover it with browned bread crumbs ; pour the pudding into it, cover the top with a lid or a greased paper ; place it in a pan of boiling water, allowing the water to come half way up the side of the mould. Steam three-quarters of an hour and serve.

Pudding, Sultan's, Cold.

Put into a pan a quarter of a pint of cream and the same of milk, bring to the boil ; then pour it over the beaten yolks of four eggs and a tablespoonful of sugar, stirring briskly all the time ; return it to the pan ; stir over the fire till thick, constantly pouring it to and from the pan ; do not allow it to boil or it will curdle. Melt slowly and carefully three-quarters of an ounce of gelatine in a quarter of a pint of milk ; strain it when cool to the custard, add to this a quarter of a pint of whipped cream, twelve ratafia biscuits, two inches of angelica cut small, twelve dried cherries, nearly two ounces of pistachio nuts, blanched and shred ; stir it frequently till nearly cold. Make a pint of orange jelly ; colour a little more than half of it red with cochineal. Have ready a quart mould well soaked in cold water ; pour in about two inches of red jelly ; sprinkle in a few pistachio nuts ; allow it to set, then pour in the custard, cream, fruit, &c., which must be nearly cold ; allow this also to set, then fill up the mould with red jelly. When quite firm turn it out on a crystal dish ; ornament with heaps of chopped red and yellow jelly alternately and serve.

Pudding, Tapioca, Steamed.

Wash one ounce of tapioca, put it into a pan with one pint of milk ; cook it very slowly over the fire until it is done. Pour it out into a basin to cool, then add a tablespoonful of sugar and one egg well beaten. Pour it into a greased basin and steam it half an hour, allowing the boiling water to come half way up the sides of the basin, which should be covered with a greased paper.

Pullet à l'Ivoire.

Cut up a pullet into neat pieces ; remove all skin ; squeeze over a little lemon juice, salt, nutmeg, and pepper. Add enough white wine to cover the chicken. Cover this with a piece of greased paper. Cook it in the oven three-quarters of an hour, according to the heat of the oven. When the chicken is cooked remove it to a hot dish and keep it hot while you make a sauce with one ounce of butter, one ounce of flour, the wine in which the chicken was stewed, one gill of cream, half an ounce of gelatine dissolved in one gill of milk. Make this sauce thoroughly smooth. Season it to taste. Pile the chicken high in the centre of a dish, keeping the surface as evenly as possible. Pour over the sauce, and decorate with chopped ham, truffles, parsley, and mushrooms. Serve it very hot.

Purée of Vegetables.

Take half a pint of green peas in the shells, one carrot, one turnip, one onion, half a pint of French beans. Cleanse, prepare, and cut up the vegetables ; put them in a saucepan with two ounces of butter. Put the lid on and allow them to sweat in the butter twenty minutes ; stir them occasionally with a wooden spoon. When this is done, add enough water to cover them. Cook slowly until soft, then pass all through a sieve ; return it to the pan ; season it with salt and pepper to taste. Serve hot.

Quenelles.

Quenelles are made of various kinds of forcemeat, composed of fish or meat, with yolk of egg, bread, and some kind of fat, seasoned in different ways, then formed with a spoon to an oval shape. They are poached in stock, sometimes served in soups (*see* CONSOMMÉ OF FOWL). They may be used as a garnish to *entrées*, or served separately.

Quenelles of Fish.

Take half a pound of uncooked fish ; pound it well, then pass it through a sieve. Make a panada with one ounce of butter, two ounces of flour, one gill of cream, a grain of cayenne pepper, a pinch of salt, and the juice of half a lemon. When cool mix with it the fish, and two yolks of eggs ; pass all through a sieve again. Take two dessert spoons dipped in hot water and form them neatly into quenelles ; poach them half an hour, and serve them with white sauce. The boiling water must be poured round the quenelles very carefully so as not to break them. Fried parsley may be put in the centre.

Note.—A panada is made as follows :—Melt in a saucepan one ounce of butter. Cook in it two ounces of flour ; stir in a quarter or a pint of cream or milk ; stir vigorously two minutes, or until it leaves the pan sides clean.

Rabbit, Boiled.

Take one or two rabbits ; skin them, and wash them well. See that they are quite clean ; truss and blanch them ; put them into boiling water with a little salt in it ; boil slowly about an hour ; remove them from the pan ; place them on a hot dish, and pour over them a good onion sauce (*see* ONION SAUCE). Send bacon to table with it (either boiled or fried rashers) served round the dish.

Rabbit Cake.

Bone a boiled rabbit, cut it into small pieces. Boil two eggs hard, cut them into rings; place them on the bottom and sides of a wetted mould; sprinkle between them some sprigs of parsley. Put the pieces of rabbit lightly into it. Pour in some good stock, or its own gravy well seasoned and a little gelatine in it so as to set in the mould; turn it out and serve cold.

Rabbit Pie.

Wash and blanch a young rabbit; cut it up into neat joints; roll each piece in flour, salt and pepper; put a layer in the bottom of a pie-dish. Cut a quarter of a pound of lean ham into small slices; arrange a layer on the top of the pieces of rabbit, also two hard-boiled eggs cut into quarters; then a layer of balls made with the liver rubbed fine with a knife and one ounce of butter. Repeat this till the dish is full; pour in some good stock, well seasoned; cover the top with rough puff pastry (*see* PASTRY), and bake.

Note.—To blanch is to place anything on the fire in cold water until it boils, then strain off the water, and plunge it into cold water for the purpose of rendering it white.

(Another way.)

Well wash a rabbit; put it into cold water, allow it to come to the boil, remove it from the pan; cut it up into joints, and roll each joint in flour, pepper and salt; pound the liver with a quarter of a pound of ham; form it into balls. Place a layer of rabbit at the bottom of a pie-dish; then a layer of balls, hard-boiled eggs cut into quarters, and slices of ham; repeat until the dish is full. Pour in some stock; cover the dish with rough puff pastry, ornament it with leaves and a rose at the top. Bake in a moderate oven two hours.

Rabbit, Roast.

Take a plump young rabbit; skin, empty, and wash it well; fill the inside with good veal forcemeat, sew it up securely. Place the forelegs back and the hind legs forwards; truss firmly. Fasten the head in an upright position with a skewer; put a slice of fat bacon on the back and tie it with a piece of string. Place it in front of a clear fire, and baste it liberally all the time, from three-quarters of an hour, according to the size of the rabbit; a few minutes before serving remove the bacon and dredge over a little flour, baste it well. When a nice brown serve on a hot dish with rolled slices of bacon round it and some good brown gravy in a tureen.

Rabbit, Stewed.

Prepare the rabbit as for a pie (see RABBIT PIE); after it is blanched allow it to get cold; cut it up into neat joints; put a tablespoonful of flour on a plate with half a teaspoonful of salt and a quarter of a teaspoonful of pepper. Mix them well together; toss the rabbit in it. Put into a pan two ounces of butter or dripping, allow it to get quite hot, fry the joints a pale brown on both sides, also two onions prepared and finely chopped (see ONIONS), then pour in enough stock to cover the rabbit; stew very slowly one hour; add a tablespoonful of ketchup, a teaspoonful of vinegar, salt and pepper to taste.

Raised Pie.

Boil together a quarter of a pint of water and a quarter of a pound of lard. Put into a basin one pound of flour, a pinch of salt, and the hot lard and water; mix it with a wooden spoon into the centre of the flour; knead it well on a floured board. Form it into a pie with the hands, or roll it out on a floured board and line a raised pie mould;

fill it with meat seasoned and cut up into small pieces ; wet the edges of the top, put on the lid, pinch it firmly all round, and ornament it according to taste. Let it stand four hours before baking. Bake it in a good hot oven.

Raspberry Sponge.

Soak three-quarters of an ounce of gelatine in a little cold water for an hour ; dissolve it, and mix with it quarter of a pint of raspberry juice made either from jam or fresh fruit ; add half a pint of cream, half a pint of milk, the juice of a lemon, sugar to taste, and the white of one egg. Whisk the mixture in one direction until it thickens and looks like sponge ; pour into a damp mould, and turn it out when stiff. Time to whisk the sponge, half an hour.

Rhubarb.

Rhubarb comes into season in the spring of the year, just as apples are going out. It is sometimes called a fruit, but is in reality a stalk ; it is a most wholesome food, and valuable for purifying the blood. There are several kinds, amongst which are the Victoria, strawberry, red raspberry, gooseberry, Prince Albert, St. Martin's, and the Giant. It may be served in a variety of ways, as it imbibes the flavour of other things, but gives none.

Rhubarb Mould.

Peel some rhubarb, cut it up, put it into a pan ; there should be about two pounds ; add to it half a pound of moist sugar. Cook it slowly till soft. Melt one ounce of gelatine in a little water. When it is cool, strain it into the rhubarb ; pour into a wetted mould, set aside to get cold, turn out. Serve with cream or custard flavoured with lemon.

Rhubarb Sherbet.

Take some nice young stalks of rhubarb, cut them up into pieces. Put a pound of rhubarb into a clean pan, pour over it one quart of cold water, add the rind of one lemon peeled very thinly so as to take only just the yellow part, as the white would impart a bitter taste. Boil twenty minutes; strain through muslin. Stir into the sherbet eight lumps of sugar. Serve cold.

Rhubarb, Stewed.

Peel and cut the rhubarb into equal lengths, put it into a pan with a very little water and sugar to taste. Stew slowly till soft. Remove it carefully on to a glass dish without breaking it, and serve hot or cold.

Rhubarb Tart.

Peel and cut up some rhubarb, and half fill a pie dish, then put in sugar to taste; fill up the dish with rhubarb; cover the top with flaky or short crust, make four holes in the sides of the crust, and brush it over with white of egg and sugar. Bake in a good oven till done.

Rice and Cheese.

Take two cupfuls of rice, well washed; put it into a saucepan with a very little water; let the water boil a little, then pour in half a pint of milk and half a pint of water mixed; stir these together till the rice is soft; then have ready a quarter of a pound of cheese chopped in small pieces. Add three parts of it to the rice with pepper and salt to taste; beat an egg till quite frothy, add this to the rice and cheese *after* you have taken it *off the fire*; do not return it to the fire after the egg is added or you will curdle

it. Pour the mixture into a greased pie-dish ; place the rest of the cheese on the top and a few pieces of dripping over it ; put it into the oven for twenty minutes to half an hour, just long enough to get nicely browned. If you have a very dry piece of cheese grate it instead of chopping it.

Rice Croquettes.

Take a teacup of rice and wash it well. Have ready one pint of milk and the rind of half a lemon ; put the rice into a small saucepan ; cover with cold water, and bring to the boil. When the water has been absorbed, add the lemon rind and pour in the milk by degrees ; simmer till quite soft and almost dry, stirring the rice very often. Add two ounces of sugar ; mix well ; remove the lemon-rind ; put the mixture on a plate to cool. Flour a corner of a board or table ; form the rice into small shapes, and roll each in flour. When all the shapes are ready, break the egg on a plate, beat it with a fork ; brush each piece with the egg ; cover with bread crumbs ; fry. When sufficiently cooked, place them on paper to dry ; then pile them on a dish, dredging them over with white sugar.

Rice Croquettes, Savoury.

These are made in the same way as sweet croquettes, only the rice is cooked in water or stock instead of milk, and grated cheese or onions boiled and chopped added in place of sugar.

Rice for Curry.

Take some Patna rice, wash it well ; take it straight from the cold water in which it has been washed, and plunge it at once into a large pan with plenty of boiling water and a teaspoonful of salt in it. Boil it without a lid until the grains of rice are soft ; place it on a sieve ; pour over it some cold water. Dry it on the sieve, either in the oven or before the fire.

Rice Meringue.

Wash half a teacup of rice, put it into a pan with one quart of milk ; cook it very slowly three hours ; turn it into a bowl to cool ; then add the beaten yolks of four eggs and two ounces of sugar. Mix well ; pour into a greased dish, and bake twenty minutes in a cool oven. Heap on the top the whites of the four eggs whipped to a stiff froth, dredge some sugar over ; place it in the oven to take a pale brown.

Rice Soup.

Wash well one cup of rice, put it into a saucepan with three pints of cold water or stock ; skin, scald, and mince finely one onion, a piece of carrot, a piece of turnip, add them to the soup, also a pinch of salt ; allow all these to cook until the vegetables are soft, then add an ounce of dripping or clarified fat, and half a pint of new milk. Stir carefully. Season with pepper and salt. Bring to the boil and serve hot.

Rissoles.

Melt one ounce of butter in a saucepan, stir into it one ounce of flour, then add a quarter of a pint of stock ; stir carefully to boiling. Put into it two ounces of bread crumbs, four ounces of cold meat finely minced, a little salt and pepper ; stir all these well together ; form into balls or flat cakes, round or oblong ; brush them over with a beaten egg ; put them into a sheet of paper containing bread crumbs. Fry them in a pan of boiling fat a golden colour.

Note.—The blue steam must be seen rising from the fat before the rissoles are put in.

(Another way.)

Take a quarter of a pound of cold meat, cut it up very finely, mix with it two ounces of bread crumbs, a teaspoonful of finely chopped parsley, season it with salt and pepper,

bind together with an egg ; form them into balls with a little flour on the hand and on a board, brush them over with a beaten egg, toss in a sheet of paper containing bread crumbs, drop them into a pan of boiling fat when a blue steam is seen to be rising from it. Fry them a golden colour, lift out on to some kitchen-paper for a few minutes, then serve on a hot dish, garnished with parsley.

Robert Sauce.

Chop finely two onions, fry with an ounce of butter, add one wineglass of vinegar, a little pepper and salt ; boil all together five minutes ; thicken with a tablespoonful of flour that has been browned in butter, a bit of glaze, a few drops of ready made mustard, Harvey's sauce, and anchovy. Mix well over the fire, and serve either with roast beef or mutton.

Rolled Gingerbread.

Put into a basin five ounces of flour, a quarter of a pound of sugar, a teaspoonful of ground ginger. Warm a quarter of a pound of butter with a quarter of a pound of treacle. Mix all together, add a few drops of essence of lemon. Drop the mixture in pieces the size of a walnut on to a well-greased tin ; bake in a moderate oven ; roll up when a little cooled.

Note.—This may be baked in large pieces and cut into squares.

(Another way.)

Melt in a pan two pounds of treacle and twelve ounces of butter. Put into a bowl one and a half pounds of flour, twelve ounces of sugar, one ounce of ginger, two ounces of candied lemon, a few drops of essence of lemon, and half an ounce of carbonate of soda. Mix all well together, add the melted treacle and butter, spread on buttered tins very thinly. Bake, cut in squares, roll up.

Rusks.

Melt four ounces of butter in one pint of milk; cream one ounce of German yeast with a teaspoonful of salt. Put into a bowl two pounds of flour, strain the yeast into it, add the milk and butter just new milk warm, drop in four eggs, beat it with the hand till air bubbles arise. Set it to rise one hour. Knead it well on a floured board, form it into small round balls, place them on a greased baking tin, set to prove ten minutes. Bake in a hot oven a pale brown. Tear them in half and put them into a cool oven to crisp. When cold, put them into tins and keep in a dry place.

Russian Fish Pie.

Take a piece of flaky crust, roll it into a square about half an inch in thickness; place in the centre some pieces of fish about an inch square, season with salt and cayenne pepper. Take two fresh eggs, boil them ten minutes, put them into cold water for a few minutes to preserve the colour; remove the shells, cut them in half, place the ends together. Fold up the square of paste in the form of an envelope, seal the edges all round, brush it over with a beaten egg. Place the pie on a greased baking tin and bake in a moderate oven twenty-five minutes.

Note.—Cooked or uncooked fish may be used, but if uncooked and rather thick it should be put into the oven for ten minutes covered with a greased paper, as the baking of the crust would not be quite sufficient to cook the fish.

Salad of Cold Meat.

Cut cold or Australian meat in neat small pieces, keeping the scraps apart and chopping them small. Wash the lettuce well in several waters, with a little vinegar in the water. Keep back a few pretty leaves from the heart of the lettuce

for the middle of the salad. Place a layer of the cut-up lettuce on a plate, then the chopped scraps, then more chopped lettuce with the pretty whole leaves standing up in the centre. Arrange the pieces of cut meat neatly round. If you also garnish with beet-root, have it previously boiled and cold, and hard-boiled eggs cut in slices.

Salad Sauce.

Put into a basin the yolks of two hard-boiled eggs, rub them finely with the back of a wooden spoon, add a salt-spoonful of salt, and half the quantity of pepper, sugar, and ready-made mustard, a teaspoonful of white vinegar, and one of tarragon vinegar. Stir one way till thoroughly blended, then add lastly three tablespoonfuls of good cream. It may be used from a salad bottle or poured over the salad.

Sally Luns.

Take three-quarters of a pound of flour, two ounces of butter, one and a half gills of milk, half an ounce of German yeast (or one tablespoonful of brewer's yeast), one egg. Warm the milk and butter in a pan together till the butter is melted but not hot. Rub the yeast smooth with half a teaspoonful of sugar, add the milk and butter. Stir this mixture gradually into the flour, then add the egg slightly beaten; mix till quite smooth. Divide into two and put into well-greased tins. Let these stand in a warm but not too hot place for an hour to rise, then put into a quick oven till baked about fifteen minutes.

Note.—A gill is a quarter of a pint.

Salmis of Game.

Put into a saucepan two ounces of butter, make it quite hot, add to it an onion prepared and finely minced; fry a nice brown. Cut the game in neat pieces, fry a pale

brown on both sides, remove it from the pan ; stir into the hot butter a tablespoonful of flour, brown it slightly, then stir in a pint of good, brown, well-flavoured stock, stir to boiling ; add some pieces of turnip, carrot, and celery, cut into pretty little shapes, a tablespoonful of ketchup, a tablespoonful of Harvey's sauce. Return the pieces of game to the gravy on the top of the vegetables ; simmer very slowly three-quarters of an hour. Serve the game in the centre of the dish, add a little browning to the sauce ; strain it over the game. Garnish with mushrooms and coxcombs.

Salmon,—Escalopes à la Joinville.

Put into a saucepan half a pint of milk and a small piece of every kind of flavouring vegetable ; allow these to stand by side of fire for fifteen minutes, then strain the milk from the vegetables. Make a sauce with one ounce of melted butter, stir in one ounce of flour and the half pint of flavoured milk. Secure some shells, or a dish which will stand the fire ; put some pieces of butter at the bottom, then some sauce, then flakes of cold cooked salmon, some more sauce ; repeat until the dish is full. Sprinkle over the top a layer of bread-crumbs, and a few pieces of butter, put them into an oven to brown.

Note.—The remains of cold turbot or any kind of firm fish may be used in this manner.

Sauce for Fish.

Put an ounce of butter into a saucepan ; when it is melted stir into it half an ounce of cornflour ; next add a quarter of a pint of milk and a quarter of a pint of stock in which the fish was boiled ; stir carefully to boiling, season with salt, cayenne pepper, a quarter of a teaspoonful of vinegar. This is the foundation of all fish sauces ; at this stage you may use any flavouring you wish, and call it after the name of the flavouring used.

Savoury Omelet.

Break four eggs into a basin, add to them a little pepper and salt, a dessertspoonful of finely-chopped parsley, a tiny piece of onion, scalded and finely chopped ; beat them all well together. Melt half an ounce of butter in an omelet pan ; pour the mixture into it. Move the pan round until the eggs are set ; fold it over in half ; turn it on to a hot dish and serve immediately.

Savoury Potatoes.

Take for these the following proportions :—One pound of cooked potatoes, one egg, one ounce of butter, two ounces of grated cheese, a little pepper and salt and a few bread crumbs. Pass the potatoes through a sieve into a basin ; add to them one onion, prepared (*see* ONIONS) parboiled, and finely chopped. Mix well with the butter, cheese, pepper and salt ; bind with the egg ; beat well with two forks ; put it into the pie-dish ; cover with the bread crumbs and tiny pieces of butter. Place it in the oven ten minutes to brown.

Scalloped Potatoes.

Take four potatoes, two eggs and a little salt. Pass the potatoes through a sieve in a basin ; add the yolks and salt ; whip up the whites to a stiff froth ; mix all together, butter some shells, fill them with the mixture ; cover with browned bread crumbs and tiny pieces of butter ; put into the oven ten minutes to cook the egg and get quite hot.

Scotch Broth.

Put into a pan one pound of beef or mutton ; cover it with cold water, bring to the boil ; throw in a teaspoonful of salt : this will cause the scum to rise ; remove it carefully.

Then add half a teacup of well-washed barley, one carrot grated, a small turnip cut into dice, a leek cut into slices, a quarter of a teaspoonful of pepper. Simmer two hours and serve.

Scotch Scones.

Take two pounds of prepared flour (*see below*) ; rub finely into it three ounces of butter, four ounces of sugar, and half a tablespoonful of salt. Mix all well together with the tips of the fingers, very lightly, so as to get as much air into it as possible ; make into a stiff paste with buttermilk ; knead it on a floured board until quite smooth, form into scones and bake.

Note.—The prepared flour is made as follows:—Put into a bowl eight pounds of fine flour, four ounces of cream of tartar, two ounces of carbonate of soda. Mix all very carefully together, and it is ready for use.

Sea Kale, Boiled.

Carefully wash and brush the sea kale to remove any sand and grit ; cut out any black parts from the roots. Tie up the shoots in small bundles, and put them into boiling water slightly salted. Boil them quickly until soft. Take them up, drain them, untie the bundles, and serve the kale on toast, with the following sauce poured over it :—Put into a basin the yolks of two eggs, a tablespoonful of hot milk, and one ounce of butter. Place the basin over hot water and whisk till thick.

Note.—Sea kale should be cooked as soon as possible after it is cut. It should be quite white and crisp ; it is best kept in a dark place till wanted. Sea kale is said to be very wholesome and well adapted for weak stomachs, being easily digested. In season from February to June.

Sea Pie.

Take one pound of scraps of meat, cut them into neat pieces and dip them in flour ; pepper and salt. Scrape and slice a carrot ; peel a turnip rather thickly and cut it into slices, also a stick of celery and an onion prepared (*see ONIONS*). Put the meat and vegetables into a saucepan with just enough cold water to cover them. Place it on the fire, let it come to the boil ; add a good pinch of pepper and salt. Put into a basin half a pound of flour, a quarter of a pound of finely chopped suet, and a quarter of a teaspoonful of baking powder. Mix them well together. Make into a stiff paste with cold water ; form it into one lump ; roll it out on a floured board about the size of the top of the pan ; place it on the top of the meat to fit the pan ; put a lid on the saucepan. Stew gently one and a half hours. Now and then, while it is cooking, loosen the crust from the side of the pan. Serve the meat and vegetables on a dish, and the crust on the top.

Short Bread.

Put into a bowl twelve ounces of flour, four ounces of rice flour, four ounces of fine sugar, eight ounces of butter, two ounces of minced almonds. Mix with the hands until you have a smooth dough. Form it into an oval shape with the palms of the hands. Ornament with candied peel. Bake in a moderate oven.

(Another way.)

Cream two ounces of butter with the hand ; add to it a quarter of a pound of flour, one ounce of fine sugar, and form them into a paste with the hands. Turn it out on to a floured board ; roll it to one-third of an inch in thickness, and cut into oval shapes. Bake on a greased tin a pale brown in a moderate oven.

(Another way.)

Mix well together one pound and a quarter of flour, one teaspoonful of baking powder, and half a pound of fine sugar, rub in half a pound of butter; add three well-beaten eggs, and a few drops of essence of lemon. Divide into four; mould into a round then into an oval shape, pinch round the edges with the thumb and forefinger, put a piece of candied peel on the top, and bake in a slow oven.

Snow Eggs.

Put into a clean pan one pint of milk, half an inch of cinnamon stick, bring it through the boil. Beat up the whites of three eggs to a stiff froth, shape them with two tablespoons dipped into hot water; drop them into the boiling milk, allow them to remain a few seconds, then carefully turn them over to poach on the other side. Lift them out on to a sieve. Remove from it the cinnamon stick; pour it over the beaten yolks of four eggs, stirring it carefully all the time; return it to the pan to thicken; do not allow it to boil, but pour it into the pan for a few seconds, then back into the basin; repeat this till it is thick. This process thickens it gradually all through, as the bottom of the pan gets much hotter than the top. Pour the custard into a dish to cool. When it is set place the white of egg with the point inwards on it, round the dish, sprinkle over it some pink sugar, and serve cold.

Snow Pancakes.

Secure some clean, and, if possible, freshly fallen snow, put it in a basin near the fire to melt, but do not allow it to get hot. Have in another basin four ounces of flour, one tablespoonful of fine sugar, and a pinch of salt. Use as much of the melted snow as will mix the flour into smooth

batter, not thicker than good cream, beat well, and cook at once in the usual manner.

(Another way.)

Make a stiff batter with four ounces of flour and one gill of milk ; beat high—viz., lift as much of the batter as possible in the spoon each time that you beat, not round and round the basin—for five minutes, so that the batter becomes aërated, or charged with air. At the time of cooking, stir lightly in two tablespoonfuls of clean, freshly-fallen snow to each pancake, and cook as before described. Five minutes is the average time for cooking a pancake.

Note.—A gill is a quarter of a pint.

Soda Scones.

Put into a bowl two pounds of flour, one ounce of cream of tartar, half an ounce of carbonate of soda, half a tablespoonful of salt, four ounces of fine sugar ; mix these all lightly with the tips of the fingers for five minutes, then rub in finely three ounces of butter. Make into a stiff paste with buttermilk, form quickly into scones and bake.

Sole à la Portugaise.

Get a good-sized sole, take off the black skin, remove the head and fins, clean it, and wipe it dry in a cloth ; make an incision down the centre of the back of the fish so as to form a pocket on each side of the back bone. Prepare the stuffing ; take a tablespoonful of parsley finely minced, add to this a little grated lemon rind, nutmeg, a squeeze of lemon juice, a piece of butter the size of a walnut, a grain of cayenne. Mix them all well together on a plate ; then place it in the fish pockets, squeeze over some lemon juice, cut some tomatoes in slices, lay them over the fish, sprinkle

some browned bread crumbs over it, cover them with small pieces of butter, then put the fish on a greased baking sheet and bake in a moderate oven for twenty to thirty minutes according to the size of the fish. Have some sauce made ready to pour over the fish when cooked, as follows :—Melt one ounce of butter, put into it a piece of carrot, half a tin of tomatoes, let them cook till quite soft, pass through a sieve, thicken with a tablespoonful of flour of rice, or flour, pass through a sieve, add a little cayenne pepper and lemon juice ; if the sauce is not a good colour add a drop or two of cochineal.

Sole au Gratin.

Take for this one sole, one shallot, three tablespoonfuls of bread crumbs, the rind and juice of one lemon, and six mushrooms. Put the shallot on to parboil ; chop finely the mushrooms and lemon rind. Clean well the sole and make three cuts on the white skin ; butter a dish, sprinkle over it first some bread crumbs, a little lemon juice, then some lemon rind, mushrooms and shallot finely chopped ; place the fish over this with the incisions downwards ; sprinkle over it some more mushrooms, lemon and shallot ; cover with bread-crumbs. Place a few tiny pieces of butter on the top ; put into the oven to cook. It should be a nice brown.

Souchet, Cold.

Put into a saucepan a piece of butter about the size of a small egg, a small piece of turnip, carrot, onion, celery, a blade of mace, four peppercorns, a saltspoonful of salt, a grain of cayenne pepper, a quarter of a pint of white wine vinegar, a tablespoonful of tarragon, a pint of good stock, some bones and trimmings of fish ; bring to the boil. Take a nice sole, clean it, wipe it in a dry cloth ; make three incisions in the black skin. Lay it on the vegetables in the saucepan ; baste constantly, and allow it to cook slowly ten

to twenty minutes according to the size of the fish. When it is done, lift it out carefully on to a dish. Beat up the white of one egg with a tablespoonful of water, and throw it into the pan. Whisk it until you get a good froth on the top; allow it to stand quite still ten minutes; strain it through a sieve or clean cloth; pour it round the fish, when quite cool. Decorate with strips of aspic jelly, arranged alternately with green peas, the red part of carrot cut into pretty shapes, and some turnip, all boiled separately. Sprinkle over some lobster coral.

Soufflé, Baked.

Butter tin well, also a band of paper; stick it to the tin three inches standing up, as good soufflés rise much, only three parts fill the tin. Take the rinds of two good lemons, three if small. Also a pint of milk; (keep a little back) add lemon peel; boil about five minutes; strain. Put on one ounce of flour and two ounces of arrowroot (or two ounces of flour and one ounce of arrowroot), two ounces of butter (fresh preferred), two ounces of sugar, with the strained milk in a stewpan, and stir till it boils. Take it off the fire, let it get a little cool; break in one by one the yolks of four eggs; beat up the whites of five. Beat hard enough to bear the weight of another egg. If the flour is at all lumpy or damp, pass it through a sieve. Beat up whites, adding a pinch of salt (to bring up eggs); stir them in a little at a time very lightly, the mixture having somewhat cooled. Fill tin three parts; put in a quick oven, fifteen to twenty minutes. Half this quantity fills two small tins.

Soufflé Balls.

Grate two ounces of cheese and mix with it a tiny pinch of cayenne pepper and salt. Put the whites of two eggs on to a clean dry plate; beat them to a stiff froth with a pinch

of salt and a knife. Then mix it very lightly with the other ingredients. Have ready on the fire an iron saucepan with two or three pounds of hot fat. When a blue steam rises (*see* introductory notes on wet frying) drop in teaspoonfuls of the mixture and fry a golden colour, and serve quickly.

Note.—They should rise to double the size in frying.

Soufflé, Cheese.

Put into a basin half a teacup of bread crumbs, half a teacup of grated parmesan cheese. Boil a quarter of a pint of milk with one ounce of butter; pour it over the cheese and bread crumbs, allow them to soak ten minutes; add a pinch of salt, a grain of cayenne pepper; mix well together; when cool, put in the yolks of three eggs well beaten. Place the whites upon a clean dry plate; add a pinch of salt to cool them; whip them to a stiff froth with a broad-pointed knife, add them lightly to the soufflé. Have ready a soufflé tin greased; pour the mixture into it, and bake in a quick oven ten to fifteen minutes.

Soufflé, Lemon.

Make a panada with one ounce of butter, one ounce of flour, quarter of a pint of milk; remove it from the fire and drop in three yolks of eggs, beating well between each one; one dessertspoonful of sugar, the rind and juice of half a lemon; add lastly the whites of four eggs beaten to a stiff froth; pour into a greased tin, with a greased paper tied round it so as to come three or four inches above, steam thirty-five minutes. It is done when firm to the touch in centre.

Note.—A panada is made thus:—Melt the butter in a saucepan, then stir in the flour well, next add the milk, stir carefully to boiling; boil two minutes just till it leaves the sides of the pan clean, stirring vigorously all the time.

This is a delicious pudding, and to insure its success great care and exactness are required. In the first place, to avoid failure, it is necessary that the butter, flour, sugar, and milk, should be stirred long enough over a moderate fire to make a stiff paste, because if this is thin the eggs will separate, and the pudding when done resemble a batter with froth on the top.

Sauce.—Put into a pan two tablespoonfuls of jam with one of cold water, the juice of half a lemon, boil till thick, colour with cochineal. Pour round the soufflé.

Soufflé, Omelet.

Put into a basin the yolks of two eggs and a tablespoonful of fine sugar, a few drops of flavouring; stir them one way with a wooden spoon ten minutes. Put the whites of *three* eggs on a dry plate with a tiny pinch of sugar; take a clean knife and whip them up to a stiff froth, so that they will turn over and remain firm on the plate. Mix very lightly the whites with the yolks and sugar. Put into an omelet-pan half an ounce of butter; when it is melted pour in the mixture; place it on a slow fire for two minutes; then put it into a hot oven for five to seven minutes, till it is firm to the touch, and a golden brown. Turn it out of the pan on a sheet of white paper with sugar sifted over it; put a tablespoonful of jam on one side and fold the other half over it and serve very quickly.

Soufflé, Rhubarb.

Line a flat dish with flaky crust; place a piece of bread or crumpled paper in the centre to prevent it rising to the top of the dish in baking. Take four stalks of rhubarb, cook them with four tablespoonfuls of sugar, and the juice of half a lemon, till soft. Pass all through a sieve; return the pulp to the pan with the beaten yolks of three eggs;

stir over the fire till thick ; it must not be allowed to boil or it will curdle. When the pastry is baked, pour the mixture into it. Beat up to a stiff froth the whites of the three eggs and pile them lightly on the top ; sift some sugar over ; ornament with thin strips of cooked rhubarb.

Soufflé, Scotch.

Line a flat dish with rough puff pastry ; bake it ; fill the centre with apricots from a tin ; beat the yolks of three eggs with a quarter of a pint of the juice ; whisk them over hot water till thick ; pour this over the apricots. Whip up the whites to a stiff froth ; pile them on the top ; place it in the oven to take a pale brown, dredge over some sugar, and serve.

Soufflé, Sponge.

Cut some spongecake in slices, place them in the bottom of a pie-dish, squeeze over them enough orange juice to soak them. Place the dish in a cool oven for ten minutes. Whip up to a stiff froth the whites of four eggs with a pinch of salt, and heap them on the top ; dredge over some fine sugar ; place in the oven to take a pale brown.

Soufflé, Steamed.

Put on water to boil. Butter a mould, tie on buttered paper, three inches standing up. Put one ounce of butter in a saucepan, let it melt ; add one ounce of flour ; mix well together one dessertspoonful of sugar, and a quarter of a pint of milk. Stir it over the fire till it thickens, stirring well to get out the lumps ; just let it boil two minutes. When it is a little cool, drop in three yolks of eggs, putting the whites on a plate ; stir well after each yolk is added. Whisk up four whites (with a little salt) to a stiff froth. Put into whites half a teaspoonful of vanilla (more if essence is weak),

stir in lightly among the yolks, &c. Pour all into a tin. Put tin in pan of boiling water, steam twenty to forty minutes till the soufflé is firm to the touch.

Sweet Sauce—One ounce of sugar, one gill of water ; let it boil till sugar is melted and reduced about half ; then put in a few drops of lemon juice, and a tablespoonful of any jam (apricot the best). When jam is melted, pour the sauce over the soufflé, which has been taken out of the tin and put on a hot plate.

Soup à la Reine.

Put half a pound of well-washed rice into a saucepan with three pints of good white stock made from rabbit, chicken or veal (veal is best) ; let it simmer one hour ; remove all the meat off a roast fowl, cut it up in small pieces ; pound it in a mortar with one ounce of butter ; pass it through a wire sieve with a gill of stock ; put the bones of the fowl in a saucepan with one quart of water, and a piece of every kind of flavouring vegetable ; simmer two hours. Strain off this second liquor and pass it and the rice all through a hair sieve, also the chicken the second time ; put all the soup well strained into a saucepan ; season with pepper, salt, and nutmeg ; bring to the boil. Pour the boiling soup on half a pint of cream, and serve hot with sippets of toast and fried bread. Stale bread may be cut into dice, fried a golden colour, and served with this soup.

Soup Maigre.

Peel half a pound of potatoes, and parboil them, that is, partly boil them, and throw away the water, because there is in potatoes a hurtful, almost poisonous quality, which is removed by great heat ; the water that potatoes are boiled in is rendered unwholesome, they should always be parboiled before being made into soup or added to Irish stew, Potato Pot, &c. Cut the potatoes into slices, also the white part

of two leeks, put them into a clean pan with one pint of cold water, one ounce of butter, a tablespoonful of crushed tapioca, half a tablespoonful of salt, a quarter of a teaspoonful of pepper ; simmer till soft. Pass all through a sieve, return the soup to the pan ; add to it one pint of milk ; bring to the boil. Pour it into the tureen on to the beaten yolks of two eggs and a quarter of a pint of cream. Serve hot.

Soups.

Soup can be made of almost any vegetables. Turnip, onion, or artichoke soup must be thickened with flour. All vegetable soups *must* be boiled after they are rubbed through the sieve, and after water or milk has been added. If they are not boiled, the water and the vegetables do not mix.

Meat, bones, or bacon-rinds improve all soups. If you have broth or pot-liquor, use it rather than water. Brown soups can be coloured with browning made for the purpose (*see* BROWNING). If a vegetable soup is too thin, let it boil fast for ten minutes, with the lid off the saucepan ; if it is too thick, add milk or water, and boil a few minutes. Peas, beans, and lentils are much more nourishing than potatoes, cabbage, or turnips. Vegetables go further when they are made into soup than when they are boiled in much water, as is the usual custom. By throwing away the water we waste much of the nourishment contained in the vegetable. When we make soup we throw away nothing, and we can besides use old and tough vegetables, that are not good to eat in any other way. Cold water must always be used in making soups, if bones or meat are used.

Snipes à la Bonne Bouche.

To make the forcemeat : put into a pan a quarter of a pound of fat bacon ; cut into thin slices ; also one pound of calf's liver, a small piece of turnip, carrot, onion, celery, a blade of mace, ten pepper corns, a very little grated nutmeg,

salt and pepper, three truffles or mushrooms. Cook these together until the liver is done ; pass it through a sieve. Take a flat-pointed knife and mix in two ounces of lard. Prepare the snipes ; wipe them well inside with a clean damp cloth ; put them on a greased baking tin, cover it with a greased paper ; put them into a hot oven for twenty minutes ; baste frequently ; remove them from the oven ; cut the birds in half ; cover them with the forcemeat : put them on an entrée dish ; lay a coil of the mixture round the birds ; garnish with fried bread, and serve with the following sauce :—Melt one ounce of butter in a pan ; mix into it one ounce of flour ; then add half a pint of good brown stock ; stir till boiling ; season with salt and pepper and three chopped truffles. Pour round the dish and serve.

Note.—The gravy must be a rich brown.

Spinach.

Take some nice young spinach, the younger the better ; pick away all brown or faded leaves ; also the stalks, with their continuation down each leaf ; wash in several waters. Put into an iron saucepan with a dessertspoonful of salt, and a tiny piece of washing soda, the size of a split-pea. Put the lid on tightly so as to keep in the steam. Let it cook five minutes ; stir well to keep it from burning ; repeat this until it is quite soft and the moisture is dried up ; pour it into a strainer ; pass some cold water over it ; chop finely on a board, or pass it through a sieve. Put it into a saucepan with half an ounce of butter, half a teaspoonful of vinegar, a teaspoonful of cream, pepper and salt to taste. Stir this until it is quite hot ; serve on hot buttered toast. A poached egg may be served on the spinach.

Note.—Spinach is the only vegetable that does not require plenty of water to cook it in. It is one of the best vegetables we have as a purifier. It has an earthy taste as growing so near to the earth ; it imbibes much dirt, therefore needs so much washing.

Spinach Soup.

Pick all the stalks, with their continuation at the back of every leaf, from one pound and a half of fresh spinach. Wash and chop it; put it in a three-quart stewpan with four ounces of butter; stir it over the fire for five minutes. Add one ounce of flour; stir again three or four minutes, then add two quarts of chicken broth. Stir till boiling; simmer very slowly twenty minutes, and serve. It may be strained or not, according to taste.

Note.—Spinach is the most complete specimen of green vegetables, and very valuable as an article of food.

Steak, Grilled.

Make the gridiron quite hot; grease it with a little butter or dripping. Remove any gristle from the steak, and beat it well. It should have been well hung in order that the fibre may have had time to become tender. Place the steak in the hot gridiron, and turn it quickly about every four seconds. It will take about ten minutes over a good, hot, clear fire. Serve on a hot dish with a good gravy poured over.

Stew, Brazilian.

Take one pound of coarse beef; cut it into small pieces; put it in a jar; pour over it a tablespoonful of vinegar, a quarter of a teaspoonful of pepper, half a teaspoonful of salt. Skin and scald an onion; chop it up finely. Wash and brush a carrot; scrape it very thinly; cut it into small pieces. Choose a young turnip; wash it; peel it rather thickly; cut it up also. Put on the top of the meat, the turnip, carrot and onion. *Do not add any water.* Cover the top of the jar with a lid or greased paper. Place the jar in a pan of cold water; put the pan over the fire and allow it to boil four hours, stirring the stew occasionally with a fork. Turn it out on a hot dish, the meat in the

centre and the vegetables round it. Pour the gravy over and serve.

Note.—This mode of cooking meat will render a cheap and nourishing dish, with some delicious gravy, which is all preserved by cooking it in a jar. The soaking in vinegar has the effect of making it more tender as well as giving it a nice flavour.

Stew, Exeter.

Take one pound of beefsteak, or any lean part will do ; cut it up into neat pieces. Melt an ounce of dripping in an iron saucepan ; brown the meat well in it ; also an onion prepared and cut into rings ; remove them from the pan ; stir in a tablespoonful of flour ; then add a quart of water or stock ; stir to boiling ; put into it half a teaspoonful of salt, a quarter of a teaspoonful of pepper, a tablespoonful of browning. Return the meat to the pan ; simmer it slowly half an hour ; then put in savoury balls to serve round the meat. To prepare the balls put into a basin half a pound of flour, a teaspoonful of baking powder, a quarter of a teaspoonful of pepper, half a teaspoonful of salt, a tablespoonful of suet finely chopped, half a teaspoonful of powdered marjoram and thyme, half an onion prepared and finely minced. Mix all these well together ; make into a stiff paste with cold water ; form into small balls ; drop them into the stew after the meat has been cooking half an hour and stew an hour and a quarter. Dish with the meat in the centre of the dish and the balls round, pour the gravy over and serve.

Stewed Fish.

Make a white sauce in which to stew the fish. Put into a pan one ounce of butter ; when it is melted stir into it one ounce of flour and a pint of milk, a pinch of salt and

cayenne pepper; stir till boiling. Have ready the whiting or any fish, cleaned and wiped in a dry cloth; drop it into the sauce and cook it slowly ten minutes. Put it on a hot dish and pour over the sauce.

Note.—If wanted richer, half a pint of cream and the yolks of two eggs may be added to the sauce.

Stewed Kidney.

Take half an ox kidney, or two sheep's kidneys; remove the skin and kernel; cut up the kidney into small pieces. Stew them slowly in a quart of stock or water for about two hours, till quite tender. Melt in a small pan one ounce of butter or dripping; stir into it one ounce of flour; add some of the liquor from the kidney gradually; stir till quite smooth. Add this with the pepper and salt to the stewed kidneys a quarter of an hour before they are ready. Arrange neatly on a dish with a wall of mashed potatoes or boiled rice round.

Stewed Pigeon.

Put into an iron saucepan one ounce of butter, allow it to get quite hot; then put in the pigeon, which must have been cleaned, trussed, and dredged with flour, brown it well on all sides, remove it from the pan and stir into the butter one ounce of flour, next add one pint of stock or water; stir carefully till boiling, put in a small piece of every kind of flavouring vegetable, as turnip, carrot, onion, celery, &c., a few drops of browning, a tablespoonful of ketchup, a teaspoonful of Harvey's Sauce, a quarter of a teaspoonful of salt, and a very little pepper. Place the bird on the top of the vegetable, simmer altogether very slowly one hour. Place the bird on a slice of hot toast, and strain the gravy over it.

Stewed Steak.

Choose a steak about two inches in thickness that has been hung in order that the fibre may have had time to become tender. Put into a stewpan two ounces of butter, when it is hot put in the steak, and fry it on both sides a nice brown : lift it out with a knife ; do not pierce the lean part or the juices of the steak will escape. Stir into the butter a tablespoonful of flour, then add enough stock to cover the steak, stir till boiling ; put in the steak, simmer it *very slowly* until done ; it will take about an hour and a half, but it must be cooked very slowly or it will not be tender. After it is cooked place it on a hot dish. Have some turnip, carrot, celery, and onion cut into dice and cooked separately. Place the vegetables round the meat. Add to the gravy salt, pepper, a tablespoonful of ketchup, Harvey's Sauce, and browning. Pour it over the steak and vegetables, and serve hot.

Note.—The gravy should be nice and thick, and a rich brown colour.

Stock for Soups or Gravies.

Do not throw away any scrap of cooked or uncooked meat, tiny bone, bit of bacon-rind, or remains of stews or gravies, even though you may have no more than a teaspoonful. Keep a saucepan on the fire whenever you have room, and put into it all these pieces as you get them, adding a reasonable quantity of water. Let the whole simmer all day long, or for several hours, and at the end of the week you will have soup enough for dinner, or at least broth enough to make one or two nice brown gravies for puddings or vegetables.

Such a saucepan is called a stock-pot, and the broth is often called stock ; and any iron saucepan will do if you keep the lid on.

In the summer the stock must be strained every day or two, or it will be sour. Vegetables or herbs are apt to make the soup sour if the weather is hot. The peelings of turnips have as good a flavour as the inside, but they are not good to eat, and the trimmings of carrots and onions scrubbed clean do well for the stock-pot. Thicken soup with rice, sago, pearl-barley, or flour, and put in the vegetables out of the stock-pot, if there be any.

Fish-bones may be put in when you have them, or a good soup may be made of fish-bones alone.

Note.—Never leave stock standing all night in an iron or metal pan, always strain it into a clean earthenware vessel.

Sweetbreads.

Sweetbreads should be chosen quite fresh : they spoil very quickly. In whatever way they are dressed they should always be soaked in lukewarm water two hours ; then put into boiling water and simmer slowly ten minutes ; and put into cold water for the purpose of blanching or making them white. They may be served in a variety of ways, and are considered, by some, to be a great delicacy ; but as they have no decided flavour they should be served with a highly seasoned gravy. They are in season from May to August.

Sweetbreads and Mushrooms.

Wash the sweetbreads, be sure they are quite fresh ; boil them ten minutes ; put them into cold water. Remove any pieces of fat. Tear them into neat pieces with two silver forks ; dry them in a cloth. Break an egg on a plate ; beat it slightly with a little salt, pepper, and grated nutmeg ; toss each piece well in this preparation, then cover well with bread crumbs ; allow them to stand twenty minutes, and give them a second coating of egg and bread crumbs. Fry them

in hot butter very slowly to a pale brown on both sides ; they must be thoroughly cooked. Remove them from the pan, and put into it some mushrooms peeled ; if large, break them. Add a little salt and pepper. Cook them ten minutes. Dish the sweetbreads in the centre of a hot dish, and the mushrooms round. Pour over them a good brown sauce made in the pan in which they have been cooked, as follows :—Put into the pan a dessertspoonful of rice flour. Add half a pint of good brown stock ; stir till boiling ; flavour with a teaspoonful of ketchup, the same of Harvey's sauce. Season with salt and pepper to taste.

Sweetbreads, Cradle of.

Secure a sweatbread very fresh ; soak it in warm water two hours. It should then be put into boiling water and boiled ten minutes to blanch it ; lay it in cold water to cool ; take two silver forks, tear it into neat pieces ; roll each in a beaten egg, then toss them well in bread crumbs ; leave them twenty minutes and repeat the egg and bread crumbs. Put into a saucepan two ounces of butter. When quite hot, place in it the sweetbreads ; fry them to a nice brown ; remove them from the pan. Brown well in the butter one ounce of flour, then add one pint of stock ; stir till boiling ; *skim well*. Add a tablespoonful of ketchup, a teaspoonful of Harvey's sauce, and the juice of half a lemon. Return the sweetbreads to the gravy, and stew them twenty minutes. Cut a slice of bread two inches in thickness ; mark it an inch from the edge all round with a knife ; put it into a pan of boiling fat, and fry it a nice brown all over ; lift it from the fat ; take off the top ; remove all the soft part from the bread ; fill up the centre with the sweetbreads ; garnish with mushrooms. Strain in the centre the gravy, so as to soak the bread well inside. Serve hot.

Swiss Roll.

Take the weight of four eggs in fine sugar, and the weight of two in flour. Put the sugar into a basin with the yolks of the eggs; stir them one way with a wooden spoon ten minutes; they will then be quite thick and very smooth. Put the whites upon a clean plate and whip them up to a stiff froth with a broad-pointed knife and a tiny pinch of salt to cool them. They are ready when the plate will turn over without their slipping off. Mix in very lightly the whites and flour just at the last. Pour the mixture into a flat tin lined with greased paper. Spread it thinly all over, and bake it in a hot oven eight minutes. Have ready a sheet of paper with sugar sifted over it; turn the roll on to it, and spread over it very quickly some jam; roll it up as quickly as possible, or it will break if it has time to become cool. Cut into slices, and serve cold.

Swiss Stew.

Take half a pound of scraps of mutton, cut them into neat pieces, toss them in flour, pepper, and salt. Put into a saucepan one ounce of clarified fat, allow it to get quite hot; put in the meat and brown it on all sides; remove it from the pan and stir into the fat a tablespoonful of flour, then add a pint of water, stir till boiling; season with half a teaspoonful of salt, a quarter of a teaspoonful of pepper and a teaspoonful of vinegar; skin and scald two onions, cut them into slices; parboil four good-sized potatoes, cut them into quarters; return the meat to the pan, place over it the onions and potatoes; simmer slowly three-quarters of an hour, and serve hot.

Note.—To parboil potatoes is to boil them for ten minutes and throw away the water, which is unwholesome.

Tapioca Pudding, Baked.

Take two ounces of tapioca, wash it, soak it four hours in water or milk ; then put it into a pan with a pint of milk ; place it near a slow fire, stir frequently, do not allow it to boil quickly or the flavour will be destroyed ; simmer very gently until it looks clear, then turn it out into a dish to cool ; beat up three eggs with two tablespoonfuls of sugar ; when the tapioca is quite *cool* add to it the sugar and eggs. Pour the mixture into a buttered pie-dish, and bake half an hour in a slow oven.

Note.—This pudding may be used hot or cold, but if the yolks and whites have been beaten separately, it is best served hot.

Tartar Sauce.

Put into a basin the yolks of two eggs, one tablespoonful of white wine vinegar, beat them together a little with a wooden spoon ; then add very slowly, drop by drop, a quarter of a pint of salad oil, taking care to stir it one way all the time. When this is done put in a saltspoonful of mustard, the same of salt and half the quantity of pepper ; a tablespoonful of chopped gherkins or capers may be added as an improvement.

(Another way.)

Put the yolks of four eggs into a basin ; add a quarter of a pint of salad oil, one tablespoonful of white wine vinegar, a little cayenne pepper, mustard, and salt ; rub in finely the yolks of two hard-boiled eggs till quite smooth. Chop very finely a tablespoonful of tarragon ; sprinkle it over. This is served with smelts, salmon, and trout. Mix in the oil carefully and slowly at first with the yolks of egg

Tea, To Make.

For good tea, allow half a pint of boiling water to one

teaspoonful of tea, or one teaspoonful of tea for each person, and one over for the pot, is the good old-fashioned allowance, and a very sensible one. Take care to have the water *freshly boiled*. It must not be allowed to stand boiling on the hob an hour before making the tea. Pour some boiling water into the tea-pot, so as to make it quite hot before putting in the tea. When this is done, turn out the hot water, and put in the tea; pour the water over it in the act of boiling, filling up the pot at once. Allow it to stand from seven to ten minutes, but not longer than ten minutes. If not convenient to use it at once, pour it off from the leaves into another pot, as the strength of the leaf will be fully drawn out in that time, and if allowed to stand longer will develop the tannin in it, which gives it an acrid bitter taste, and is said to be injurious to the coating of the stomach, being a powerful astringent. Tea is an exhilarating and refreshing stimulant when properly prepared and taken in moderation, but if it is boiled, or taken in excess, it injures the nervous system, and the digestion. The following well-known lines are useful:—

“Except the kettle boiling be,
Filling the tea-pot spoils the tea.”

Toast.

When about to make toast, procure a loaf that has been baked at least two days, for new bread cannot be easily cut, nor does it make good toast. Remove the crust, and then with a sharp knife cut as many slices as you require, about a quarter of an inch thick; use a large knife, so as to cut the bread evenly. Study to have a clear fire, and place the bread a little distance from the fire, or for a short time in a moderately hot oven, so as to warm it gradually through. When the bread is warmed, put a slice on a toasting-fork, and holding it close before the fire, move it constantly to and fro, until the whole surface is of a

yellowish brown colour, then turn it and toast the other side. When this is done, lay it upon a hot dish, and spread about one ounce of butter upon it. Cut each slice into four as soon as it is buttered, and pile lightly upon the dish on which it is to be served.

Dry toast should never be made until just before the time of serving; and when browned, the crust should be cut off, and the toast put in a toast-rack at once, to get crisp. If it is laid down on a flat surface it will become sodden and soft. Dry toast that has stood half an hour is not worth eating. All kinds of toast should be made in the same manner; but if a slice be required to serve under a bird, eggs, or kidneys, it is better cut thinner and toasted dryer.

Tomato Sauce.

Wash a carrot, scrape it very thinly, cut it into small pieces, skin, scald, and slice an onion, a leek, and a clove of garlic. Put all into a pan with one ounce of butter, a tiny pinch of sugar, the juice of a lemon, and a small piece of lean ham; pour over these a tin of tomatoes, and allow all to simmer slowly till soft enough to pass through a sieve; after rubbing it through a sieve return the juice to a clean pan and thicken it with a tablespoonful of rice flour; allow it to boil, and it is ready to serve.

Tomato Soup.

Put into a saucepan two ounces of butter, when it is melted add to it a finely-minced onion, turnip, and carrot, a blade of mace, a sprig of parsley and thyme, the juice of one lemon, four cloves, six peppercorns, and half a teaspoonful of salt; pour over these a tin of tomatoes; bring it to the boil, remove any scum that rises, add three pints of good white stock; simmer till the vegetables are soft, pass it

through a sieve. Return the soup to the pan and thicken with a tablespoonful of rice flour broken with stock ; stir it to boiling, and serve hot.

Note.—The soup would be a prettier colour if ten fresh tomatoes are used instead of the tin.

Tomatoes and Rice.

Wash well a teacupful of rice, boil it as for curry ; when it is cooked and dried mix with it one ounce of butter, half a tin of tomatoes, one onion prepared and finely chopped ; salt and pepper to taste ; stir all these over the fire for ten minutes, pour it into a greased pie-dish, cover it with bread crumbs, place it in the oven to brown.

Treacle Pie.

Line the bottom of a pie-dish with thin pastry, warm four tablespoonfuls of treacle in a saucepan ; mix into it two tablespoonfuls of bread crumbs, put a layer at the bottom of a pie-dish, spread over it another thin layer of paste, then more treacle, repeat this until the dish is full ; cover the top with pastry, and bake two hours.

Treacle Roly Poly Pudding.

Put into a basin half a pound of flour, mix with it four ounces of finely-chopped suet, a pinch of salt, and just enough cold water to make a stiff paste, form it into one lump, roll it out on a floured board. Warm four tablespoonfuls of treacle and thicken it with two tablespoonfuls of oatmeal or bread crumbs ; spread this over the paste, leaving an inch margin all round, wet it, roll it up, tie firmly in a floured cloth, plunge into boiling water, and boil two hours.

Treacle Sponge.

Put into a basin half a pound of flour, half a teaspoonful of ground ginger, half a teaspoonful of carbonate of soda : mix them well together with the tips of the fingers. Put into a saucepan three-quarters of a teacup of treacle ; when it is melted, and just warm, pour it into the flour ; mix with about the same quantity of milk and one egg well beaten ; beat it well, pour it into a greased mould, cover the top with a greased paper, steam it two hours. Serve with the following sauce :—Melt in a saucepan some treacle, flavour with a few drops of lemon or vanilla, add a little water to make it the proper consistency, serve in a boat, or round the pudding.

Treacle Tart.

Line a flat dish with pastry and spread over it some treacle thickened with bread-crumbs prepared as for treacle pudding ; place some twisted bars across the top, and some leaves round the edge, and bake in a moderate oven.

Tripe, Baked.

Cook the tripe thoroughly well, cut it into small pieces, put some at the bottom of a greased pie-dish, then a layer of bread crumbs, then another layer of tripe, salt and pepper ; repeat until the dish is full ; beat up an egg with a little of the liquor in which the tripe was cooked, pour it into the dish, cover the top with bread crumbs, then place over some pieces of butter. Bake in a cool oven one hour.

Tripe, Boiled.

Wash the tripe well several times ; scrape it and cleanse it thoroughly well, put it into a pan, cover it with cold water, boil it ten minutes, throw away the water and plunge it into

cold water to blanch it; now finish cleaning it, put it on in cold water and boil it three hours, throw away the water and boil it three hours more, also three Spanish onions. Make a sauce as follows:—Melt in a pan one ounce of butter, stir into it one ounce of flour, then add half a pint of milk, stir to boiling, pour it into the stock in which the tripe was boiled, chop finely the onions, add them also with salt and pepper to taste, cut the tripe into neat pieces, and pour the sauce and onions over.

Note.—No salt should be used in boiling the tripe. It may be cooked in milk and onions if preferred.

Tripe, Fried.

Take some boiled tripe, cut it into small pieces, dip each piece in batter or cover with an egg and bread crumbs; have ready a pan of hot fat. When the blue steam rises drop in the pieces of tripe and fry a pale brown.

Turkey, Boned, and Stuffed with Tongue.

Bone a young turkey (*see full directions for GALANTINE OF FOWL*). Fill the legs, wings, and a good deal of the bird with veal forcemeat. Take a small boiled pickled tongue; press it into the bird; truss it firmly, restoring it as much as possible to its original shape. Cover the breast with thin slices of fat bacon, tie it in a clean cloth; put it into boiling water. Simmer slowly until tender; the time depends upon the age and size of the bird; for ten pounds two hours. Serve hot or cold, with white sauce.

Turkey, Roast.

There are several methods of preparing a turkey for roasting. Sometimes it is stuffed with a veal forcement, or sausage-meat; or it may be prepared as a fowl, and roasted

without stuffing, according to taste. After having cleaned the bird, truss, and singe it with white paper. Tie a buttered paper over the breast, and hang it before a clear bright fire. Baste it very often, or it will be dry and tasteless. For a turkey weighing ten pounds, roast it two hours. A quarter of an hour before it is done remove the paper, and dredge over a little flour; baste it well. Allow it to brown nicely, then serve with sausages round it; garnish with slices of lemon. Serve with brown gravy and bread sauce.

Turtle Soup, Clear.

Cut into small pieces one pound and a half of beef, one pound and a half of veal, two slices of lean ham. Put them into a pan, cover them with cold water; add a small turnip, carrot, the white part of a head of celery, and onion scalded (*see* ONIONS) and stuffed with cloves; three teaspoonfuls of dried basil, twelve mushrooms, half a teaspoonful of penny royal, half a teaspoonful of thyme, a teaspoonful of salt, a few grains of cayenne pepper; see that there are four quarts of water to this quantity. Simmer slowly six hours; skim it constantly, strain, allow it to get cold, take off every particle of fat. Take a quarter of a pound of dried turtle (it is almost impossible to get the fresh in this country), soak it twelve hours in a warm atmosphere; pour away the water, cover it with warm water and allow it to stand twelve hours more, leaving it in a cool oven all night with the door open. Sometimes the turtle has an unpleasant smell, this may be removed by rubbing it with lemon juice and salt; then wash it thoroughly well; cook it twelve hours slowly; it should now be as soft as calf's head; allow the stock in which it has been cooked to get quite cold, remove any fat from the surface, and mix it with the above stock; clear it (*see full directions for* CLEAR SOUP). After the soup is cleared serve hot in a soup tureen with the turtle

cut into pieces of about an inch square, also some pieces of stewed eels may be served in it ; add a teaspoonful of lemon juice just at the last.

Turtle Soup, Brown.

This soup may be made on exactly the same foundation as clear turtle soup. Prepare the stock and turtle according to instructions given for Clear Turtle Soup, but instead of clearing the stock, mix a tablespoonful of rice flour with a little browning, ketchup, and Harvey's sauce. Pour it into the hot soup, stir to boiling, and serve.

Note.—Enough browning should be added to give it a nice rich colour.

Yorkshire Pudding.

Put into a basin eight tablespoonfuls of flour, half a teaspoonful of salt, half a teaspoonful of baking powder ; mix all well together, make a well in the centre of the flour, drop in the yolks of two eggs, then add carefully one pint of milk, beating it one way with a wooden spoon all the time to avoid lumps. When it is quite smooth add the whites of eggs, which must have been beaten to a stiff froth on a plate. Put some hot dripping into a tin, pour in the batter, and bake it twenty minutes.

(Another way.)

Prepare the pudding the same as above, only using the following proportions : six ounces of flour, one egg, one pint of milk, and a tablespoonful of suet, a quarter of a teaspoonful of baking powder, and a quarter of a teaspoonful of salt. This is a more substantial pudding.

Veal and Ham Cutlets.

Take a nice slice from the fillet of veal, cut it into neat rounds about the size of a five shilling piece, also some slices of ham cut in the same way, rather fat. Put on to a plate a little pepper and salt, the grated rind of a lemon, a tablespoonful of finely chopped parsley; mix them together, rub each veal cutlet in this, also with a little lemon juice, brush them over with a beaten egg, toss them in a sheet of paper containing bread crumbs, allow them to stand twenty minutes and repeat the egg and breadcrumb process. Put an iron frying pan on the fire, when it is quite hot fry the ham on both sides, lift them out on to a hot dish, and place very carefully the veal cutlets in the hot bacon fat to fry. Cook them in this ten to fifteen minutes until they are thoroughly done; the time depends a little upon the thickness. Lift them from the pan, arrange them alternately with the ham round the dish. The centre may be filled with green peas, or mixed vegetables cut into shapes. Make a good gravy in the pan with a tablespoonful of flour, stirred well in, and half a pint of stock, a teaspoonful of ketchup, Harvey's sauce and browning, season with salt and pepper. Strain it into a tureen, and serve hot.

Veal Forcemeat.

Chop finely half a pound of suet; mix with it half a pound of bread-crums, the rind of a small lemon grated, half a teaspoonful of salt, a quarter of a teaspoonful of pepper, a tablespoonful of finely-chopped parsley, a teaspoonful of thyme, a teaspoonful of marjoram, and two blades of mace pounded; mix all well together, and bind with the yolks of two eggs or a little milk.

Note.—Instead of the suet you may make a richer forcemeat by substituting half a pound of bacon and half a pound of veal chopped fine, pounded and passed through a sieve, and mix as above.

Vegetable Marrow.

Cut it neatly in four pieces, peel it, cut out the middle, removing all the pips. Put it into boiling water with a teaspoonful of salt, and boil about twenty minutes. Put it in a dish, drain off the water. Prepare a slice of toast, dip it in the water, and place it under the marrow. Strain white sauce over it and serve.

Victoria Buns.

Beat two ounces of butter to a cream, add to it two ounces of fine sugar, one ounce and a half of ground rice, half an ounce of candied peel, finely cut up, one ounce and a half of currants, one ounce of flour, and one egg; beat well; add a teaspoonful of baking powder just at the last, and mix it well. Drop the mixture in pieces on to a greased baking tin, and put them quickly into a hot oven to bake.

Victoria Sandwiches.

Take three eggs and their weight in butter, flour, and sifted sugar; beat the butter to a cream. Put the yolks into a basin with the sugar, and stir them one way with a wooden spoon ten minutes; add them to the creamed butter; beat up the white to a stiff froth; mix in a little flour and white of egg alternately until all are in; spread it upon buttered tins of equal sizes; bake a golden colour; spread jam between, cut up into sandwiches, pile high on a dish, and serve cold.

West Indian Dish.

Beat six eggs with a quarter of a pound of grated cheese, put them into a saucepan with two ounces of butter; add a little salt and pepper; whisk it over the fire five minutes, pour it on to a slice of hot toast, and serve quickly.

Whipped Sauce.

Put into a basin the yolks of four eggs, one tablespoonful of sugar, a quarter of a pint of cream. Place the basin over boiling water, and whip till it is quite a thick custard. Serve with any sweet pudding.

Whitebait.

Pick each fish separately one from the other, and dry well in a clean towel; toss them well in flour, taking care to keep the fish from sticking together; shake them in a sieve. Have ready a pan with plenty of oil or clarified fat. When a blue steam is seen to be rising, put the fish into a frying basket, and plunge it into the hot fat carefully for about two minutes. This is one of the few fish that may be fried in oil—they are so small they do not require the same amount of heat as other fish. Lift them from the oil on to kitchen paper; sprinkle over pepper and salt; serve on a hot napkin with brown bread and butter; garnish with slices of lemon.

Note.—Keep the fish upon ice until you are ready to cook it. Whitebait should be caught, cooked, and eaten in twelve hours.

White Celery Soup.

Wash two sticks of celery, cut them into small pieces, put them into water with a teaspoonful of white vinegar to preserve the colour. Skin and scald an onion; cut it and the celery into small pieces; melt two ounces of butter in a stewpan; wipe the vegetables in a dry cloth; put them into the hot butter, also three ounces of minced ham. Stir these over the fire a few minutes; do not allow them to brown—they should be just long enough over the fire to allow the vegetables to become well soaked in the butter; then pour

over one pint of milk ; stir till boiling ; next add two pints of good white stock (*see* WHITE STOCK), simmer slowly till the celery is soft. Pass it through a sieve ; return it to the pan ; stir till boiling. Season it to taste with salt and white pepper. Put into the soup tureen half a pint of cream ; beat it slightly with the yolks of three eggs ; pour the boiling soup on to them, stirring vigorously all the time. Serve with fried bread.

White Gingerbread.

Place in a bowl one pound of flour. Rub finely into it six ounces of butter, one pound of castor sugar, half an ounce of ground ginger, one teaspoonful of baking powder. Mix well together with three well-beaten eggs and a little milk. Make it into a stiff paste ; knead it like a roll of butter ; cut slices off the end, and bake on a greased tin in a good oven.

White Sauce.

Melt in a saucepan one ounce of butter, and then stir into it a teaspoonful of arrowroot. When both are well blended, add by degrees half a pint of milk. Stir the mixture over the fire till boiling and perfectly smooth ; boil it two minutes ; add a small tablespoonful of sugar, and about a third of a saltspoonful of pounded mace. Stir these well together ; remove it from the fire, and squeeze in the juice of a quarter of a lemon.

Wine Biscuits.

Put into a basin one pound of flour, and rub very finely into it three ounces of butter, one ounce of sugar, and just enough milk to make a stiff paste. Form it into one lump ; roll it out on a flour board very thinly : cut it with a round cutter, prick, and bake in a quick oven.

Wine Sauce..

Beat two ounces of butter to a cream with three ounces of fine sugar. Pour over these four tablespoonfuls of boiling water. Stir all over the fire till quite hot, but it must not be allowed to boil. Remove it from the fire, and put in a quarter of a pint of wine and serve.

Zephyr of Rabbit.

Take a nice young rabbit, remove the skin. Well wash the rabbit, cut up all the meat very finely, pound it in a mortar, pass it through a hair sieve with two tablespoonfuls of stock made from the bones. Whip up a quarter of a pint of cream to a stiff froth; add to it the rabbit, one egg, pepper and salt to taste. Grease some zephyr tins, ornament them with truffles and hard-boiled egg cut in dice, three-parts fill them with the mixture, cover them with greased paper, and steam fifteen to twenty minutes. (*See* RULES FOR STEAMING, p. 75.)





WORKS by Mrs. MARSHALL.

"Readers who value culture and refinement, but, above all, seek for truth and unction, will recommend her tales, especially for young ladies."—*Churchman.*

With numerous Illustrations.

Price Five Shillings each. Extra Crown 8vo.

THE CLOSE OF ST. CHRISTOPHER'S.

NEW RELATIONS. A Story for Girls.

THOSE THREE; OR, LITTLE WINGS.

LAUREL CROWNS; OR, GRISELDA'S AIM.

HOUSES ON WHEELS. A Story for Children.

Price Three Shillings and Sixpence each. Crown 8vo.

IN THE PURPLE.

DAPHNE'S DECISION; OR, WHICH SHALL IT BE?

THE ROSES OF RINGWOOD. A Story for Children.

CASSANDRA'S CASKET.

SILVER CHIMES; OR, OLIVE.

STORIES OF THE CATHEDRAL CITIES OF ENGLAND.

POPPIES AND PANSIES.

REX AND REGINA; OR, THE SONG OF THE RIVER.

DEWDROPS AND DIAMONDS.

HEATHER AND HAREBELL.

MISTRESS MATCHETT'S MISTAKE. A very old Story.

SIR VALENTINE'S VICTORY, AND OTHER STORIES.

OUR OWN PICTURE BOOK. 151 Illustrations. Small 4to.

Price Two Shillings and Sixpence each.

DULCIBEL'S DAY-DREAMS; OR, THE GRAND, SWEET
SONG. With Illustrations. Crown 8vo.

PICTURES ILLUSTRATIVE OF THE LORD'S PRAYER.

With Appropriate Stories for Children. Medium 4to.

THE LIFE OF OUR LORD JESUS CHRIST FOR VERY
YOUNG CHILDREN. 12 Illustrations. Medium 4to.

James Nisbet & Co.'s List of

Mrs. MARSHALL'S WORKS—continued.

Price Two Shillings each.

With Illustrations. Crown 8vo.

OLIVER'S OLD PICTURES ; or, THE MAGIC CIRCLE.
RUBY AND PEARL ; or, THE CHILDREN AT CASTLE
AYLMER. A Story for Little Girls.

Price One Shilling and Sixpence each.

With Illustrations. Small Crown 8vo.

NATURE'S GENTLEMAN.
THE BRIDE'S HOME.
MY LADY BOUNTIFUL.
STELLAFONT ABBEY ; or, NOTHING NEW.
GOLDEN SILENCE.
WHEN I WAS YOUNG.
MATTHEW FROST, CARRIER ; or, LITTLE SNOWDROP'S
MISSION.
MICHAEL'S TREASURES ; or, CHOICE SILVER.
MY GRANDMOTHER'S PICTURES.
MARJORY ; or, THE GIFT OF PEACE.
GRACE BUXTON ; or, THE LIGHT OF HOME.
THREE LITTLE BROTHERS.
THREE LITTLE SISTERS.
THE BIRTH OF A CENTURY ; or, EIGHTY YEARS AGO.
THE STORY OF JOHN MARBECK : A Windsor Organist
of 300 Years Ago. His Work and His Reward.

Price One Shilling each.

HEATHERCLIFFE ; or, IT'S NO CONCERN OF MINE.
DAISY BRIGHT.
THE LITTLE PEAT-CUTTERS ; or, THE SONG OF LOVE.
PRIMROSE ; or, THE BELLS OF OLD EFFINGHAM.
TO-DAY AND YESTERDAY :
A STORY OF SUMMER AND WINTER HOLIDAYS.
BETWEEN THE CLIFFS ; or, HAL FORESTER'S ANCHOR
A VIOLET IN THE SHADE.
LIGHT ON THE LILY ; or, A FLOWER'S MESSAGE.
A ROSE WITHOUT A THORN.
A CHIP OF THE OLD BLOCK.

By AGNES GIBERNE.

"Tales that bear Miss Giberne's name are 'the best of the best.' No writer excels her in this department of literature."—*Fireside News*.

"That the story is Miss Giberne's guarantees refinement and Christian principle."—*Churchman*.

THE ANDERSONS. Illustrated. Extra crown 8vo. 3s. 6d.

THE DALRYMPLES. With Illustrations. Third Edition. Crown 8vo. 3s. 6d.

With Illustrations. Crown 8vo.

"LEAST SAID, SOONEST MENDED." 3s. 6d.

"A simple tale, well told."—*Guardian*.

"To say that it is by Miss Giberne is at once to recommend the story highly to girls."—*Quiver*.

"A well written and most interesting tale."—*Glasgow Herald*.

"A well written story. The moral is conveyed in a most interesting way, and as a mere tale it will well repay perusal."—*Church Review*.

NUMBER THREE WINIFRED PLACE. 3s. 6d.

"A delightful story, and, we need hardly add—being Miss Giberne's—is full of the highest and most profitable religious teaching."—*Record*.

"A well constructed, thoroughly healthy tale."—*Aberdeen Free Press*.

"Miss Giberne's book is for gentler readers. It appeals very delicately to their softer sympathies, and introduces them to one young girl at least who may serve as a model or ideal to them. It is written in a pleasing sympathetic style."—*Scotsman*.

"The plot of the story is as ingenious as the treatment is effective, and it is told with great skill."—*Yorkshire Post*.

READY, AYE READY! 2s. 6d.

"A thoroughly good and deeply interesting story."—*Newcastle Chronicle*.

"A charming story, which displays all this well-known writer's knowledge of girls and their habits of mind."—*Scotsman*.

MISS CON; or, All Those Girls. 5s.

"Constance Conway is a charming heroine. Her diary is an admirable collection of character sketches."—*Athenæum*.

AGNES GIBERNE'S WORKS—continued.

ENID'S SILVER BOND. 5s.

"Enid's nature is essentially heroic. . . . The other characters are cleverly sketched."—*Times*.

FIVE THOUSAND POUNDS. 2s.

"Youthful readers have reason to thank Miss Giberne for having written this capital story."—*John Bull*.

ST. AUSTIN'S LODGE; or, Mr. Berkeley and his Nieces. 5s.

"A very good example of the author's well-known style. It is carefully written, and is in all respects a conscientious performance."—*Academy*.

BERYL AND PEARL. 5s.

"Characterised by unflagging vivacity and great dramatic power."—*Christian Leader*.

"One of Miss Giberne's most delightful tales."—*Record*.

DECIMA'S PROMISE. 3s. 6d.

"One of the best and soundest books we have seen."—*Public Opinion*.

"The result of a disaster, Decima's distress, and the behaviour of the parents, are touchingly told, and the whole case of conscience is admirably managed."—*Guardian*.

DAISY OF OLD MEADOW. 2s.

"There are few boys or girls to whom this story will not prove interesting reading."—*Court Circular*.

KATHLEEN. 5s.

"Worthy of high praise, thoroughly good and very interesting."—*Church Bells*.

"A fascinating tale."—*Record*.

OLD UMBRELLAS; or, Clarrie and her Mother. 2s.

"The book is bright and lively, and will be read with pleasure and profit."—*Christian*.

MILES MURCHISON. Illustrated. Small crown 8vo. 1s. 6d.



